

express

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Tuesday



Tiger Woods kisses the U.S. Open trophy Monday. AP

Extra Effort: Woods wins U.S. Open in sudden death | **11**

Iran Sanctions: EU takes tougher stance on Tehran | **6**



C's the Day?

Celtics get two tries to close out the Lakers | **14**

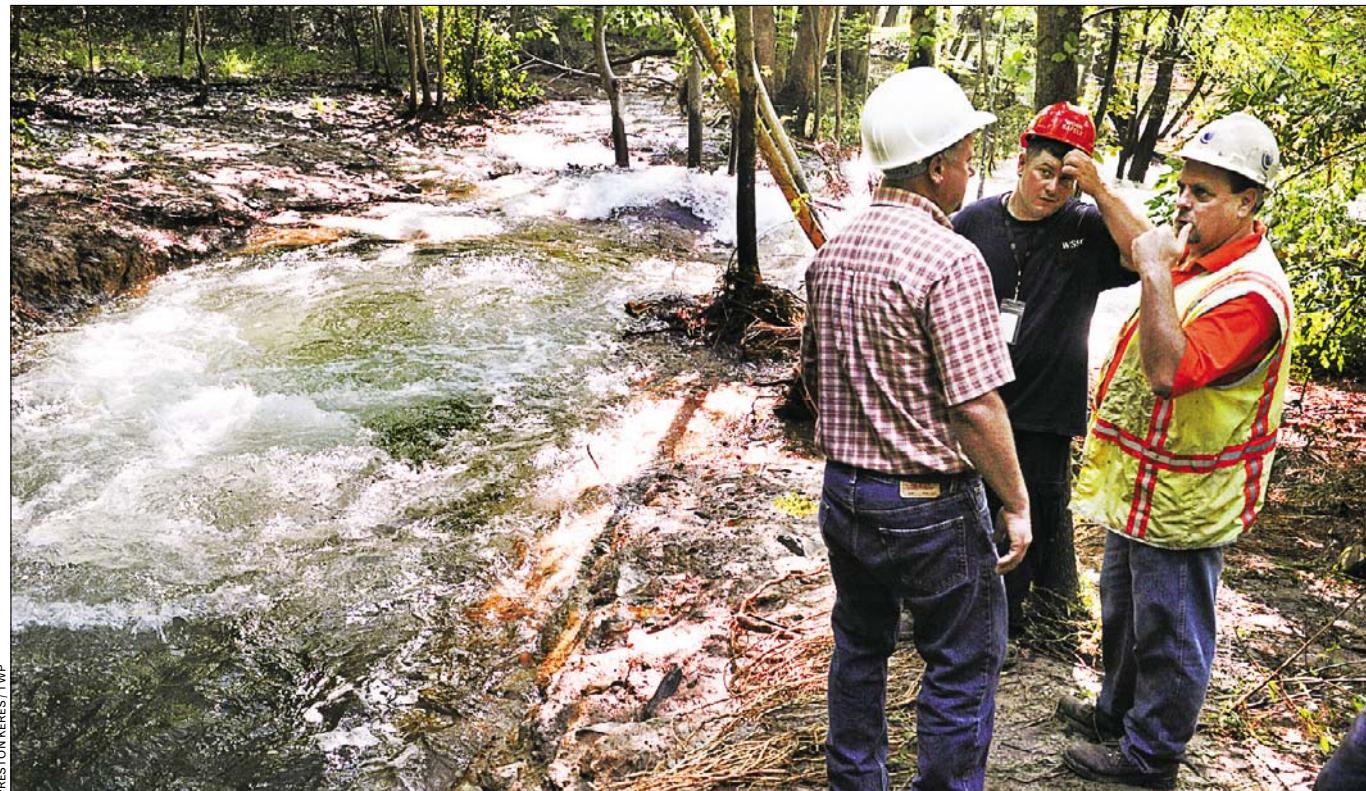
ENTERTAINMENT



You Go-Go, Girl: Missy Elliott experiments with a D.C. original. Plus, Coldplay switches it up on a new album.

>> **16-20**

Md. Water Main Break Prompts Restrictions



OVERFLOW: Washington Suburban Sanitary Commission workers stand near a 48-inch water main break in Rockville, Md., Monday. Water service was cut off in much of Montgomery County, and county buildings were closed due to the break. ♦ **Conservation:** Residents shut off their dishwashers | **Page 9**

Poll: Obama Has Early Lead

Post-ABC survey finds independents split on candidates

Buoyed by a public mood favoring the Democrats, Sen. Barack Obama begins the general election campaign holding a narrow advantage over Sen. John McCain, with independent voters emerging as a constituency critical to the Arizona senator's hopes of winning in November.

In the first Washington Post-ABC News poll since the conclusion of the Democratic nomination contest, Obama and McCain

run evenly among political independents, marking a shift toward the presumptive Republican nominee over the past month. Independents see McCain as more credible on terrorism and are split on who is better on Iraq. But on most other issues, including the economy, Obama enjoys advantages over his rival among independents.

The presumptive Democratic nominee emerged from his primary season battle

against Sen. Hillary Rodham Clinton with improved personal ratings overall, but with no appreciable gain in the head-to-head competition with McCain.

But Obama still has work to do to unite the Democratic Party. Almost nine in 10 Republicans now support McCain, while nearly eight in 10 Democrats back Obama. Nearly a quarter of those who favored Clinton over Obama for the nomination currently prefer McCain in the general election.

DAN BALZ AND JON COHEN (THE WASHINGTON POST)



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TO CAST YOUR VOTE VISIT READEXPRESS.COM OR TEXT **A** FOR 'YES' OR **B** FOR 'NO' TO 98999. FOR MONDAY'S POLL RESULTS, SEE PAGE 32



TUESDAY
80 | **60**



WEDNESDAY
77 | **60**



THURSDAY
77 | **61**

TODAY: Partly sunny, somewhat windy afternoon; pleasant evening | **30**

eyeOpeners

WINE

Elsewhere, the Dishes Were Getting Handsy

The owner of a Queenstown, New Zealand, cafe that mistakenly served dishwashing liquid as mulled wine has been fined for causing emotional harm to two women, court officials said Monday. Chico's Restaurant Ltd. pleaded guilty to a charge of selling food containing extraneous matter — the chemical sodium hydroxide — that caused injury. The prosecutor told the court that the two women were taken to a hospital after drinking the liquid last July. One victim was a customer who ordered a glass of wine. She spat out the liquid when she experienced a burning sensation. A cafe worker offered to test the drink and suffered a similar reaction. (AP)



CONTESTANTS

Most Insufferable Party Guests Ever

An Oregon man is the winner of this year's Great American Think-Off, a national philosophy competition. This year's question: "Does immigration strengthen or threaten the United States?" Craig Allen of West Lynn, Ore., won a gold medal Saturday after a live audience in New York Mills, Minn., decided he was most convincing when arguing that the system of immigration is broken. He says it encourages an influx of illegal immigrants and poses a threat to the country. The silver medal winner argued that immigrants of diverse cultures have created a mix of ideas that makes the United States an innovative and wealthy country. (AP)



GOATS

Smile for the Camera

Here is a particularly fine specimen at an auction for the best-looking and rarest goats (we assume the goat shown above is the latter) in Riyadh, Saudi Arabia, last week. The only polite thing that can be said about this poor beast is that its unusual features make it appear to be smiling. We hope it found a good home. (EXPRESS)

MAGIC

Two Unrelated Things Occur

No one understands the term "striking it lucky" better than 16-year-old Bre-Anna Helsel, who survived being struck

by lightning and went on to win \$20 in the lottery the next day. Helsel was at home in Blanchard, Mich., when she noticed rain entering an open window. She saw electricity shoot out of her fingers and into the overhead lights, immediately knocking out the house's

power, but was virtually unharmed. Hospital employees suggested that she was on such a lucky streak, she should immediately play the lottery. Her mother went out the next day and bought a ticket for her. "And we won \$20," Johnson said, laughing. (AP)

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SMELL A GAMBLE: Forget scratch-and-win lottery tickets: It's time for scratch-and-sniff in Colorado. The Colorado Lottery on Monday began selling \$3 Scented Crossword lottery tickets in three varieties — Crossword Bouquet, Chocolate Crossword and Coffee Crossword.

Nation

THE TRAIL

DAILY DIARY | WASHINGTONPOST.COM

ENERGY

Offshore Support

Republican Sen. John McCain on Monday called for an end to the federal ban on offshore oil drilling, a move that would let states decide whether oil rigs would sprout up along the coastlines.

The move is a break with the environmental groups McCain has been courting for months but is designed to reassure voters angry about gas prices.

"We must embark on a national mission to eliminate our dependence on foreign oil and reduce greenhouse gases through the development of alternative energy sources," McCain said.

"And, as I said, exploration is a step toward the long-term goal."

McCain, the likely Republican presidential nominee, has been presenting himself as a friend of the environment by touting his belief in government action on global warming. But pushing for drilling off the coasts is not likely to be popular with environmental activists who have fought to keep the ban in place.

Congress created a moratorium on new drilling off the coast in 1981, and every president since then has extended it. MICHAEL D. SHEAR

washingtonpost.com

For extended analysis and up-to-the-minute reports from the campaign trail, visit blog.washingtonpost.com/the-trail

Gore Drums Up Support for Obama

Former vice president endorses Democrat, joins fundraising push

FLINT, MICH. | Al Gore announced his endorsement of Barack Obama Monday and promised to help the Democrat achieve what eluded him — the presidency.

In a letter to be e-mailed to Obama supporters, the former vice president and Nobel Prize winner wrote, "From now through Election Day, I intend to do whatever I can

to make sure he is elected president of the United States."

Gore won the popular vote but lost the disputed 2000 election to George W. Bush, who captured Florida and its electoral votes after a divided Supreme Court ended the recount. Since then, Gore has made combatting global warming his signature issue and has been recognized worldwide



Gore

for his efforts.

Gore is one of the most popular figures in the Democratic Party, but he maintained a low profile in the primary campaign. He was scheduled to appear with Obama at a rally in Detroit Monday night.

It's the second time that Obama has rolled out a major endorsement in Michigan, a state he did not campaign in during the primary because its election violated the party rules. Obama is counting on a win in Michigan in November but brought Gore and 2004 vice presi-

dential nominee John Edwards to help validate him among Democrats in the state after skipping their primary.

"It means a lot, obviously," Obama said of Gore's support. "He's somebody who is a visionary, not just for the party, but for the country."

Gore also asked for donations to help fund Obama's effort — the first time he's asked members of his Web site AlGore.com to contribute to a political campaign.

NEDRA PICKLER (AP)

ROANOKE, VA. | FEET FOR THOUGHT



STEPHANIE KLEIN-DAVIS/AP

WAR LIVES: Scott Hopkins, 46, prays Monday among the pairs of shoes in the traveling "Eyes Wide Open" exhibit. The footwear is meant to represent the human cost of the Iraq war, with a pair of boots standing for each U.S. casualty. The anti-war exhibit is sponsored by the American Friends Service Committee, which was founded by the Quakers.

Man Who Helped Create 'Daisy Ad' Dies at 84 in N.Y.

NEW YORK | Tony Schwartz, who helped create the infamous "daisy ad" that ran only once during the 1964 presidential race but changed political advertising forever, died Sunday in New York. He was 84.

Schwartz collaborated with the Doyle Dean Bernbach ad agency to create the infamous spot, which featured a girl counting aloud as she removed petals on a daisy.

The scene then changed into a countdown to an atomic blast. President Lyndon Johnson, then seeking re-election, did the voiceover with the line, "We must either love each other, or we must die." The spot has been credited with ushering in an era of negative political ads. (AP)



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Nation



SETH WENIG/AP
Dozens of barrels, some marked as corrosive, float down the Cedar River in Cedar Rapids, Iowa, Monday. A week of rising waters has made the state a danger zone.

Flooding Creates Toxic Mix in Iowa

Officials urge caution in waters filled with debris and sewage

OAKVILLE, IOWA | The floodwaters that deluged much of Iowa have done more than knock out drinking water and destroy homes. They have also spread a noxious brew of sewage, farm chemicals and fuel that could sicken anyone who wades in it.

On Monday, Bob Lanz used a 22-foot aluminum flatboat to navigate through downtown Oakville, where water reeked of pig feces and diesel fuel.

"You can hardly stand it," Lanz said as he surveyed what remained of his family's hog farm. "It's strong."

LeRoy Lippert, chairman of emergency management and homeland security in nearby Des Moines County, warned people to avoid the floodwaters: "If you drink this water and live, tell me about it. You have no idea. It is very, very wise to stay out of it. It's as dangerous as anything."

In addition to the poison in the water, there are mosquitoes — mil-

lions of them spawning in acres of standing water.

In downtown Cedar Rapids on Monday, all manner of refuse could be seen floating down the Iowa

“If you drink this water and live, tell me about it. You have no idea.”

LERoy LIPPERT

River — 55-gallon drums labeled "corrosive," propane tanks, wooden fences and railroad ties. Dead birds and fish sat on a bridge.

Ken Sharp, environmental health director for the Iowa Department of Public Health, acknowledged that the floodwaters had the potential to make people sick. But he said the sheer volume of water can dilute hazardous substances.

"We don't typically see mass cases of disease or illness coming from floodwater, but under any circumstance like this, we want people to avoid it because we don't know what's in there." ALLEN G. BREED (AP)

Nation

Chimps Observed Offering Comfort

Apes appear to give each other kisses, hugs after conflicts

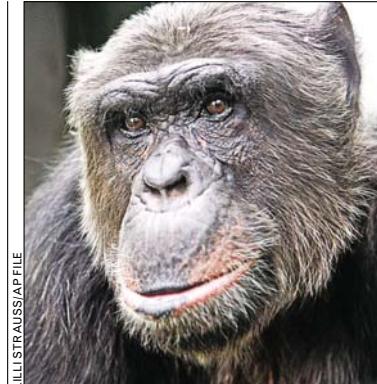
WASHINGTON | For most folks, a nice hug and some sympathy can help a bit after we get pushed around. It turns out that chimpanzees use hugs and kisses the same way.

And it works. Researchers studying people's closest genetic relatives found that stress was reduced in chimps that were victims of aggression if a third chimp stepped in to offer consolation.

"Consolation usually took the form of a kiss or embrace," said Dr. Orlaith N. Fraser of the Research Center in Evolutionary Anthropology and Paleoecology at Liverpool John Moores University in England.

"This is particularly interesting," she said, because this behavior is rarely seen other than after a conflict.

"If a kiss was used, the consoler would press his or her open mouth against the recipient's body, usually on the top of the head or their back. An embrace consisted of the con-



LILLI STRAUSS/AP FILE

Scientists say chimpanzees use hugs and kisses to comfort one another.

soler wrapping one or both arms around the recipient."

The result was a reduction of stress behavior such as scratching or self-grooming by the victim of aggression, Fraser and colleagues report in Tuesday's edition of *Proceedings of the National Academy of Sciences*.

Fraser and colleagues studied a group of chimps at the Chester Zoo in England from January 2005 to September 2006, recording instances of aggression such as a bite, hit, rush, trample, chase or threat.

RANDOLPH E. SCHMID (AP)

Judge: White House E-Mails Are Protected

Office does not have to make its records about messages public

WASHINGTON | A federal judge ruled Monday that a White House office that has records about millions of possibly missing e-mails does not have to make them public.

U.S. District Judge Colleen Kollar-Kotelly says the Office of Administration is not subject to the Freedom of Information Act, enabling the White House to maintain the secrecy of a lengthy internal paper trail about its problem-plagued e-mail system.

The decision came in a lawsuit filed against the administration by Citizens for Responsibility and Ethics in Washington.

The functions of the Office of Administration "are strictly administrative," Kollar-Kotelly ruled.

Kollar-Kotelly said the Office of Administration has no authority over others in the executive branch and that the office is exclusively dedicated to providing services to the Executive Office of the President.

The White House has acknowledged problems with its e-mail system, while saying that if any e-mail is missing, it can be found on disaster recovery backup tapes. (AP)

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World



THE WEIGHT IS OVER: American soprano Deborah Voigt returned to London's Royal Opera House Monday, four years after she was fired for being too big for the dress chosen for her role in "Ariadne auf Naxos." A slimmer Voigt is now in the same role—and the same dress.

EU to Plan Stronger Iran Sanctions

Penalties for nuclear ambitions may target oil and gas sectors

LUXEMBOURG | The European Union agreed Monday on the need to sharpen sanctions on Iran — possibly targeting the oil and gas sectors in what would mark Europe's strongest punishments yet to discourage Tehran's nuclear ambitions.

The EU's tougher stance follows Iran's latest refusal to accept eco-

nomic incentives in exchange for halting uranium enrichment, which Tehran insists is for energy-producing reactors but Western nations and others fear could be used to develop nuclear weapons.

Washington's European allies have been far more cautious on punishing Iran because of deep business and energy ties. But the latest move — which is not yet final — would strike directly at Iran's economic base and its plans to expand gas and oil exports to Europe at a time of record-high prices.



British Prime Minister Gordon Brown talks with President Bush in London.

SHAUN CURRY/AF/GETTY IMAGES

"Action will start today in a new phase of sanctions on oil and gas," said British Prime Minister Gordon Brown at a London news conference with President Bush. "We will take any necessary action so that Iran is aware of the choice it needs to make."

Brown also announced that Britain will freeze the assets of Iran's largest bank, Bank Mell, in a separate — but largely symbolic — clampdown on Iran that could be followed by EU partners.

ROBERT WIELAARD (AP)

In Brief



A Pakistani police officer inspects the scene of an explosion on Monday.

DERA ISMAIL KHAN, PAKISTAN

Blast Outside Shiite Mosque Kills 4 People, Injures 5

A bomb exploded outside a Shiite mosque in northwest Pakistan on Monday, killing at least four people and wounding five others, police said. The bomb exploded near the outer wall of the mosque in downtown Dera Ismail Khan as worshippers were leaving after evening prayers, said Abdul Ghaffor, a local police officer. Pakistan is struggling to combat a tide of Islamic militancy. (AP)

Taliban Fighters Invade Villages In Afghanistan

KANDAHAR, AFGHANISTAN | Hundreds of Taliban fighters invaded villages just outside Afghanistan's second-largest city Monday, forcing NATO and Afghan troops to rush in while frightened residents fled.

The Taliban assault on the outskirts of Kandahar is the latest display of prowess by the militants, despite a record number of U.S. and NATO troops in the country.

The push into the Arghandab district — a lush region filled with grape and pomegranate groves that the Soviet army could never conquer — comes three days after a Taliban attack on Kandahar's Sarposa Prison that freed 400 insurgent fighters.

Those fighters, NATO conceded Monday, appear to be massing on the doorstep of the Taliban's former power base. Kandahar lies only 10 miles to the southeast. (AP)

CHINA | FLOOD FORCES CHINESE TO FLEE THEIR HOMES



STR/AF/GETTY IMAGES

WET ESCAPE: Rescuers help people leave their homes as they fill with water in Wangmo, China, Monday. Weeks of rain have pushed rivers over their banks in southern China, displacing 1.27 million people. The floods have killed 57 people, damaged crops across more than 2.12 million acres and caused more than \$1.5 billion in economic losses.

HEARSAY | LEBANON

"Obviously, in any compromise there are compromises."

—CONDOLEEZZA RICE,
U.S. SECRETARY OF STATE, ON THE NEW
POWER-SHARING PACT IN LEBANON THAT
INCREASED THE POWER OF HIZBULLAH
MILITANTS AT THE EXPENSE OF U.S.-BACKED
MODERATES, IN BEIRUT ON MONDAY.

Mugabe Warns He Won't Cede Power

HARARE, ZIMBABWE | President Robert Mugabe, campaigning for re-election in a presidential runoff June 27, warned he would not cede power to Western-backed opponents, the state media reported Monday.

"We shed a lot of blood for this country. We are not going to give up

our country for a mere X on a ballot. How can a ballpoint pen fight with a gun?" the Herald quoted Mugabe as saying.

Speaking in the local Shona language in the central Silobela district Sunday, Mugabe said that the nation threw off colonial domination in a guerrilla war in 1980, and his party

was ready to fight again to stop the pro-Western Movement for Democratic Change from gaining control of the government.

British Prime Minister Gordon Brown, speaking in London with President Bush, warned Monday that international election monitors must be allowed to monitor the runoff or risk having Mugabe's "criminal regime" steal the poll. ANGUS SHAW (AP)

ASUNCION, PARAGUAY

Jailed Couple Accused Of Same-Sex Wedding Freed

A couple jailed on suspicion of having a same-sex wedding were freed Monday after a doctor determined that the groom is a hermaphrodite. Prosecutor Jose Planas ordered the couple jailed after their civil wedding Friday, when the priest scheduled to perform the religious ceremony said he received a call saying the groom, Jesus Alejandro Martinez, was actually a woman. Same-sex marriages are illegal in Paraguay. (AP)

4

The number of remaining northern white rhinos last seen living in the wild in 2006, according to the International Union for the Conservation of Nature. It said the species may soon be extinct.

World

Calm in Iraq Spurs Debate

Decline in violence, focus on politics may signal turning point

BAGHDAD | Signs are emerging that Iraq has reached a turning point. Violence is down, armed extremists are in disarray, government confidence is rising and sectarian communities are gearing up for a battle at the polls rather than a slaughter in the streets.

Those positive signs are attracting little attention in the United States, where the war-weary public is focused on the U.S. presidential contest and skeptical of talk of success after so many years of unfounded optimism by the war's supporters.

Unquestionably, the security and political situation in Iraq is fragile. U.S. commanders warn repeatedly that security gains are reversible.

Some analysts question whether the limited political accommodation among Shiites, Sunnis and Kurds



A man passes a police officer on duty in the city of Amarah, Iraq, on Monday. (AP)

can be sustained if the United States withdraws its forces quickly.

Iran's interest in using Shiite extremists to stir up trouble is another question mark.

With so many unknowns, many Iraqis themselves fear the relative calm won't last — even though monthly death tolls have been falling since the middle of last year.

"This relative calm is the calm

AL-SADR FOLLOWERS TO PERMIT CRACKDOWN

Followers of anti-U.S. cleric Muqtada al-Sadr signaled on Monday that they won't resist a military crackdown in Amarah, one of their last southern strongholds, as long as government troops don't make arrests without warrants or commit other violations.

The statements came three days before a deadline for gunmen in Amarah to surrender their weapons and renounce violence or face penalties. (AP)

before the storm," said Mohammed al-Sheikhli, director of the Transitional Justice Research Center in Baghdad. "The worst violence is not over, because the calm may collapse any moment."

That may prove true. Most of the root causes of the war — notably the power struggle between Sunnis and Shiites — remain unresolved.

ROBERT H. REID (AP)



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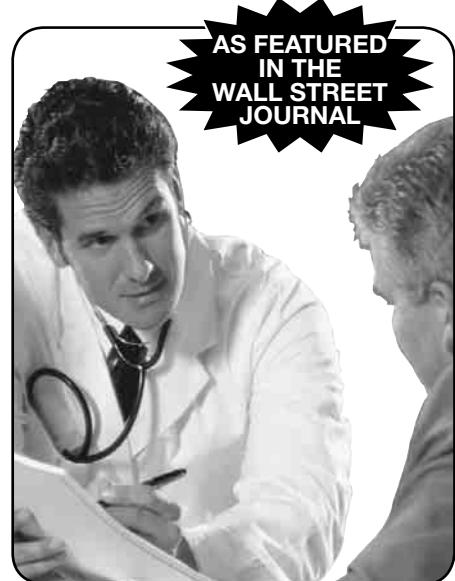
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World



A farmer uses water buffalo to plow a field in Myanmar on May 23. Farmers have attempted to use power tillers to replace the water buffalo killed in the cyclone.

Myanmar Farmers Worry Over Crops

Water buffalo killed in cyclone replaced by troublesome tillers

KYUNG GWIN, MYANMAR | Farmer Zaw Naing was puzzled as he stared at the brand-new, unassembled tilling machine — equipment not seen in most of Myanmar's rice belt before the deadly cyclone.

Thousands of the tillers, donated by international and private aid donors, have been brought in to replace the water buffalo that once plowed the rice paddies but were killed by Cyclone Nargis on May 2-3.

The plan is for farmers in the devastated Irrawaddy delta to rebuild their livelihoods and begin producing the rice that feeds this impoverished country.

But time is running out.

The rice planting season should have started by early June, when

farmers here typically plow their fields with water buffalo and prepare to plant new seeds for the October harvest. The delta produces most of Myanmar's rice, and without immediate help, food security will be seriously threatened, experts have warned.

The Agriculture Ministry has said 13,600 power tillers are needed to replace more than 280,000 cattle that died in the storm.

Some farmers say they have been lucky enough to receive the new machines but need to reassemble them since the tillers were shipped in several pieces.

They also can't afford the diesel fuel to power the machines and don't know how to operate them.

"I don't know how to use this machine. We only used buffalo in the past," said Zaw Naing, who lost his home in the cyclone as well as the 10 water buffaloes that plowed his fields. (AP)

Ex-Thai PM: Stars Will Ease Unrest

BANGKOK, THAILAND | Ousted Thai Prime Minister Thaksin Shinawatra said Monday the realignment of stars in early July will help defuse political tension as anti-government protests enter a fourth week.

Thailand's discord heightened Monday after two small bombs

exploded in Bangkok, though no one was injured.

"Be patient with the headache-inducing situation until July 2," Thaksin told reporters. "Mars moving close to Saturn causes the headache. When Mars leaves, the situation will ease." (AP)



CHEAP GAS: A Spotsylvania, Va., man is charged with stealing as much as \$50,000 worth of gas from a Woodbridge, Va., filling station. Police say the man had an electronic device that allowed him to turn on the gas pumps after hours and fill up his friends' tanks at half-price.

Local

Md. Main Break Cuts Water Supply

Montgomery County orders emergency conservation efforts

ROCKVILLE, MD. | A break in a 48-inch water main cut off water service to a large area of northern Montgomery County on Monday, closing county buildings and forcing residents to take emergency conservation efforts such as halting dishwashers and washing machines in their homes.

The Washington Suburban Sanitary Commission scrambled Monday to restore service to customers after the break, which happened a day earlier at Muncaster Mill Road and Meadowside Lane. Residents with very low water pressure or little water, the utility said, face a heightened risk of contami-



Water left as quickly as it came at Roots Market in Olney, Md., Monday. Nearby stores were sold out as this Roots restocked with water from its Howard County location.

nation, and were told to boil water as a precaution.

Jim Nuestadt, a spokesman for

the commission, said a large number of people were affected, but he didn't have a specific number.

WSSC said the restrictions prohibit watering outside, filling swimming pools or running washing machines and dishwashers across the affected area. The restrictions are designed to maintain some water pressure for firefighters to use in emergencies.

The commission also issued a water-boiling advisory for all Montgomery customers north of the Capital Beltway.

Those affected should bring water to a rolling boil for one minute before using. Boiled or bottled water should be used for drinking, making ice, washing dishes, brushing teeth and food preparation until further notice, Nuestadt said.

The boil advisory is expected to last for at least three days as water pressure is restored and water quality is tested. STEPHEN MANNING (AP)

Zoo Makes Vasectomy History

WASHINGTON | Scientists at the National Zoo say they have reversed a vasectomy on an endangered horse — the first known operation of its kind on an endangered species.

Veterinarians revealed Monday that they successfully performed the procedure on the horse to allow it to reproduce naturally. The surgery was performed in October 2007 on a Przewalski horse named Minnesota. The horses are native to China and Mongolia.

Luis Padilla, the zoo veterinarian who performed the surgery, says the procedure was a first for this species and likely for any endangered species. The team worked with St. Louis urologist Dr. Sherman Silber, who pioneered the technique in humans.

A similar surgery was successfully performed at the Saint Louis Zoo in 2003 on South American bush dogs, which are classified as vulnerable but not endangered.

The "temporary vasectomy" could have a significant impact on how animals are managed in captivity by giving zookeepers a way to control the animals' offspring without having to neuter them. (AP)

The Lotteries

Monday, June 16

DISTRICT

Mid-day Lucky Numbers	9-9-1
Mid-day DC 4	0-9-4-5

MARYLAND

Mid-day Pick 3	5-3-2
Mid-day Pick 4	0-8-8-4

VIRGINIA

Mid-day Pick 3	9-3-9
Evening Pick 3 (Sun.)	1-8-6
Mid-day Pick 4	7-4-6-7
Evening Pick 4 (Sun.)	4-0-8-1
Mid-day Cash 5	9-18-24-29-32
Evening Cash 5 (Sun.)	7-18-21-22-34

All winning numbers are official only when validated at a lottery ticket location or a lottery claims office. Drawings that occur after Express's deadline will be published two days later.

10 Injured in Tent Collapse on Mall

WASHINGTON | Authorities say rain and wind caused the partial collapse of a permanent tent on the Mall, injuring 10 people.

The U.S. Park Police say an 11-year-old girl was rescued from under one of the tents Monday afternoon. Six children and three adults suffered minor injuries.

Sheriff's Deputy Terry Cruz of Alachua County in Florida was traveling with 600 students from Gainesville when the collapse occurred. He said a very sudden storm came up, and wind and rain caused part of a tent to fall. Chaperones and Park Police officers were able to cut the girl free, he said. (AP)

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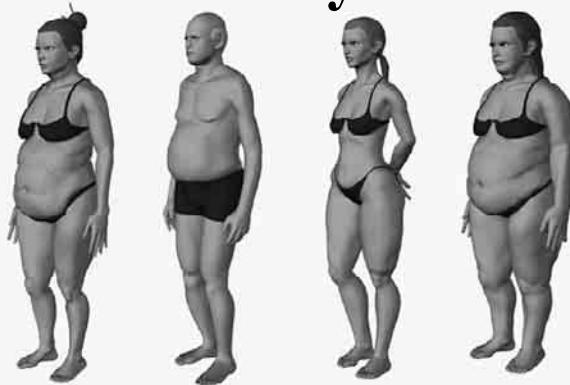


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Money

FCC Chief Backs XM Deal

Agency chairman recommends approval of buyout by Sirius

WASHINGTON | The proposed merger of the nation's two satellite radio broadcasters — bogged down in the regulatory process for more than a year — has cleared a major hurdle: The Federal Communications Commission chief is recommending approval of the \$3.8 billion deal.

FCC Chairman Kevin Martin made his recommendation Sunday in exchange for a number of concessions, including turning 24 channels over to noncommercial and minority programming. That sets

the stage for a final vote that could occur any time after Martin's recommendation is circulated among his fellow commissioners.

The provision on noncommercial and minority programming along with several others — including a three-year price freeze for customers — persuaded Martin to support Sirius Satellite Radio's buyout of rival XM Satellite Radio.

The other four commissioners have kept their views on the deal largely to themselves. Unlike most

FCC decisions, there is no clear indication how the vote will go.

Martin said the conditions will make the combination of the two companies good for consumers.

"As I've indicated before, this is an unusual situation," Martin said in a statement. "I am recommending that with the voluntary commitments [the companies] have offered, on balance, this transaction would be in the public interest."

Other conditions of the deal include a three-year freeze on prices and packages that include programs from both services, including an "a la carte" offering that will allow customers to pick and choose the stations they want. JOHN DUNBAR (AP)



Martin



KATSUMI KASAHARA/AP
Actress Laura Harris, above, is one of a few dozen people who will be leasing the hydrogen-powered FCX Clarity from Honda.

Honda Rolls Out Zero-Emission Car

Hydrogen-powered vehicle will be leased to a select few in Calif.

TAKANEZAWA, JAPAN | Honda's new zero-emission, hydrogen fuel cell car rolled off a Japanese production line Monday and is headed to Southern California, where Hollywood is already abuzz over the latest splash in green motoring.

The FCX Clarity, which runs on hydrogen and electricity, emits

only water and none of the noxious fumes believed to induce global warming.

Japan's third-biggest automaker expects to lease out a "few dozen" units this year and about 200 units within three years.

Among the first customers are actress Jamie Lee Curtis and filmmaker husband Christopher Guest, actress Laura Harris, film producer Ron Yerxa, and businessmen Jon Spallino and Jim Salomon.

"It's so smooth," said Harris, who

played villainess Marie Warner on the hit TV show "24." "It's like a future machine, but it's not."

The biggest obstacles standing in the way of wider adoption of fuel cell vehicles are cost and the dearth of hydrogen fuel stations. For the FCX Clarity's release in California, Honda said it received 50,000 applications through its Web site, but could consider only those living near stations in Torrance, Santa Monica and Irvine.

TOMOKO A. HOSAKA (AP)

NOTHING TOPS TIGER: The tight finish of the fourth round of the U.S. Open drew the third-highest TV rating in the tournament's history but couldn't top 2002, the last time Tiger Woods won. Sunday's rating peaked at a 13.5, as Woods birdied the 18th hole to force the playoff.



Sports

After 91 Holes, Tiger Wins Open

Woods again birdies No. 18 to stay alive, wins in sudden death

U.S. OPEN | With a throbbing knee and a pounding heart, Tiger Woods made one last improbable escape Monday and won the U.S. Open in a 19-hole playoff over Rocco Mediate, his 14th career major and maybe the most amazing of them all.

One shot behind after a collapse no one saw coming, Woods birdied the 18th hole to force sudden death at Torrey Pines against a journeyman with a creaky back who simply wouldn't go away.

But that one extra hole was enough to doom Mediate, trying to become the oldest U.S. Open champion at 45 years, 6 months.

He put his tee shot in the bunker at No. 7, knocked his approach off a cart path and against the bleachers, chipped some 18 feet past the hole and missed the par putt.

On the verge of one of golf's greatest upsets, Mediate instead became another victim.

"Great fight," Woods told him as they embraced on the seventh green.

Woods, who delivered so many spectacular moments over four days along the Pacific bluffs, only needed a two-putt par to win the U.S. Open for the third time, and the first since it last was held on a public course at Bethpage Black in 2002.



ROSS KINARD/GETTY IMAGES

Tiger Woods hugs his caddie after beating Rocco Mediate to win the U.S. Open.

It capped a remarkable week for the world's No. 1 player, who had not played since April 15 surgery on his left knee and looked as though every step was a burden. But the knee held

up for 91 holes, and the payoff was worth the pain, even if doctors had warned him that he risked further injury by playing the Open.

"I'm glad I'm done," Woods said.

KEY HOLES ►► ON AN UP-AND-DOWN DAY, HERE ARE THE HOLES THAT MADE THE DIFFERENCE



No. 1 | 448-yard par 4

→ Woods looked in control after making a par on the first hole. But on the third, Mediate nearly holed out and birdied. Woods hit into the greenside bunker and two-putted for a two-stroke swing. **MEDIATE:** even; **WOODS:** plus-1

No. 15 | 478-yard par 4

→ This was the third of Mediate's three straight birdies after falling behind Tiger by three strokes early. His 25-foot birdie putt on No. 15 gave him the lead he would keep until No. 18. **MEDIATE:** even; **WOODS:** plus-1

No. 18 | 525-yard par 5

→ Mediate pulled his drive left just like he did on Sunday and was forced to lay up. Woods got on the green in two. Both players missed long birdie putts and then nailed short ones to move on. **MEDIATE:** even; **WOODS:** even

Something to Talk About

→ In his daily talking points video, Tony Kornheiser discusses Tiger, his left knee and his place in history. Plus, get analysis of the U.S. Open from columnist Thomas Boswell | **Today, Sports**

washingtonpost.com

"I really don't feel like playing anymore. It's sore."

Woods joins Jack Nicklaus as the only players to capture the career Grand Slam three times over.

Mediate's odyssey began two weeks ago when he had to survive a sudden-death playoff simply to qualify for this U.S. Open. Even more unlikely was going toe-to-toe with Woods — whom Mediate referred to as a "monster" — and nearly slaying him.

He had a 20-foot birdie putt on the 18th hole to win, but it slid by on the left.

Mediate struggled to keep his emotions after taking bogey on the first extra hole, but he walked off Torrey Pines with 12,000 new friends who crammed both sides of every fairway for a playoff that was tighter than anyone imagined.

"I never quit. I never quit," Mediate said. "I've been beaten down a few times and came back, and I got what I wanted. I got a chance to beat the best player in the world. And I came up just a touch short."

DOUG FERGUSON (AP)

Swengali

INJURIES | BY MATT SWENSON

Bad Knees Work For 2 Top Stars

I THINK I SHOULD HIRE TONYA Harding's ex-husband to take out my knee.

Playing while in pain seems to have worked out remarkably well for Tiger Woods and Paul Pierce, so why not for me?

Given some predictions in the last month, I need something to step up my game.

Woods has long been considered the best current golfer (and many say the greatest ever), so his hobbling to a U.S. Open title is not that big a surprise.

But it was only two months ago when fools like yours truly were touting Kevin Garnett as the most valuable player on the Celtics. This may have been true in the regular season.

Pierce is the NBA Finals' MVP-in-waiting, assuming Boston closes out L.A.

The playoffs, though, have belonged to Pierce. He's the NBA Finals' MVP-in-waiting, assuming Boston closes out Kobe Bryant and Los Angeles Tuesday as I expect.

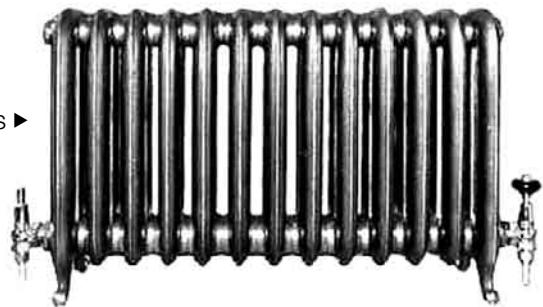
To try a comparison to the great Celtics teams of the 1980s, Pierce looks like Larry Bird scoring at will, while Garnett has become a nice second option, a la Kevin McHale. Ray Allen has shrugged off his slump yet still looks pretty old while producing, not unlike Robert Parish in his heyday.

Sometimes we take for granted how great some of the athletes we watch every day really are. To see Woods and Pierce perform at a high level with bad knees is nothing short of remarkable.

I strive to reach their level. Now where's that crowbar?

@ To reach Matt Swenson, e-mail matt.swenson@readexpress.com

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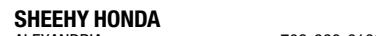
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express

117

The amount, in millions of dollars, the Mariners spent on payroll this year. Seattle, which is a major league-worst 24-45 after being swept by the Nationals, fired GM Bill Bavasi on Monday. "Change is in order," Mariners CEO Howard Lincoln said.

Sports

O's Happy to Have Roberts

Baltimore's leadoff 2B stops worrying about being traded, improves

ORIOLES | The Brian Roberts trade rumors began at the winter meetings in December and gained momentum in January. By spring training, the only mystery surrounding the pending trade appeared to be the bounty the second baseman would bring the Orioles.

Now, midway through June, Roberts is still in Baltimore. After spending nearly half a year wondering about his future, he's finally

convinced he isn't going anywhere anytime soon. The realization has made baseball more enjoyable for Roberts, who recently has been more productive at the plate.

"I think the last couple weeks I put that behind me," he said. "I have no idea if that has any correlation to anything; I told myself I'm just going to play baseball and not worry about what other teams are doing, not worry about who might be trading and



Roberts

who might not."

On June 1, Roberts was batting .262 — 19 points below his career average. He has since gone 21-for-55 (.382) with 11 RBI and five steals in 13 games. His two-run homer Sunday in the bottom of the ninth took the Orioles into extra innings against the Pittsburgh Pirates.

Roberts is playing like a two-time All-Star again.

"I just realized that everything is out of my hands," he said. "I knew that from the beginning, but at some point you just have to stop worrying about all that junk and just play the game." DAVID GINSBURG (AP)

MLB STANDINGS

THROUGH JUNE 15'S GAMES

AMERICAN LEAGUE

EAST	W	L	PCT.	GB	HOME	ROAD
Boston	44	28	.611	—	28-7	16-21
Tampa Bay	40	29	.580	2.5	26-II	14-18
New York	37	33	.529	6	18-15	19-18
Baltimore	34	34	.500	8	19-II	15-22
Toronto	35	36	.493	8.5	18-17	17-19

CENTRAL

CENTRAL	W	L	PCT.	GB	HOME	ROAD
Chicago	38	31	.551	—	21-II	17-20
Minnesota	34	36	.486	4.5	19-16	15-20
Cleveland	33	37	.471	5.5	20-18	13-19
Detroit	32	37	.464	6	20-16	12-21
Kansas City	28	42	.400	10.5	13-18	15-24

WEST

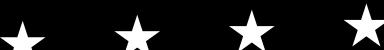
WEST	W	L	PCT.	GB	HOME	ROAD
L.A. Angels	42	28	.600	—	21-I6	21-I2
Oakland	38	31	.551	3.5	22-17	16-14
Texas	35	36	.493	7.7	17-16	18-20
Seattle	24	45	.348	17.5	14-22	10-23

NATIONAL LEAGUE

EAST	W	L	PCT.	GB	HOME	ROAD
Philadelphia	41	40	.577	—	21-I3	20-I7
Florida	37	32	.536	3	22-I5	15-I7
Atlanta	34	36	.486	6.5	25-II	9-25
N.Y. Mets	33	35	.485	6.5	20-I4	13-21
Washington	29	42	.408	12	14-II	15-21

CENTRAL	W	L	PCT.	GB	HOME	ROAD
Chicago	45	25	.643	—	29-8	16-17
St. Louis	42	29	.592	3.5	23-I4	19-I5
Milwaukee	36	33	.522	8.5	20-II	16-21
Pittsburgh	34	36	.486	II	21-I5	13-21
Houston	33	37	.471	12	17-II	16-21
Cincinnati	33	38	.465	12.5	21-I4	12-24

WEST	W	L	PCT.	GB	HOME	ROAD
Arizona	37	33	.529	—	22-I4	15-I9
L.A. Dodgers	31	38	.449	5.5	18-I5	13-23
San Diego	31	40	.437	6.5	20-18	II-22
San Fran.	30	40	.429	7	13-22	17-18
Colorado	28	41	.406	8.5	16-II	12-25



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Sports



"We don't hit, we don't run the bases. ... We run in straight lines most of the time. Turning corners, you just don't do that." — **Yankees pitcher Mike Mussina**, after finding out teammate Chien-Mang Wang was out for at least six weeks after injuring his foot running the bases.

Celtics Sad to Be Home for Game 6

Boston hoped to finish off the Lakers in L.A., but is still in control

NBA FINALS | The Boston Celtics are home, not home free.

Unable to put the finishing touches on the Los Angeles Lakers and wrap up their first championship since 1986, the NBA's best team since November flew back across three time zones Monday for a Game 6 they were hoping they wouldn't have to play.

But injuries, another big first-half deficit and a sub-par performance by Kevin Garnett cost the banged-up Celtics, who lost 103-98 on Sunday in Game 5 at Los Angeles and left Staples Center kicking themselves at the missed opportunity.



Celtics forward Paul Pierce, center, scored 38 points in a losing effort in Game 5.

“It still feels like we have the advantage, and I do feel like we’re the better team.”

CELTICS FORWARD PAUL PIERCE

"Not what we wanted," coach Doc Rivers said of the team's stay in Southern California. "We wanted two more [wins]. Obviously, the blanket was that we get to go home, but we really believed that we could win one of these games. We won one and we'll take it, but that's obviously not what we want."

Despite the loss, the tradition-drenched Celtics feel good about

their chances of winning a 17th title — on the 17th.

"We're one up, with two games to go at home," said Paul Pierce, who scored 38 in Game 5. "It still feels like we have the advantage, and I do feel like we're the better team."

But Celtics center Kendrick Perkins missed Game 5 with a shoulder injury and is not expected to be ready for Game 6. Beyond that, Pierce isn't at his best, Rajon Rondo is slowed by a tender ankle, and Ray Allen left Los Angeles immediately following Sunday's game because of a "health issue" with one of his three children.

But the Celtics are comforted by being at home, where they are 12-1 in the postseason, where the parquet-patterned floor soothes any nerves and where the 16 championship banners hanging overhead link them to their past and remind them of their goal.

"That," Rivers said, "is not a bad place to be." **TOM WITHERS (AP)**

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CONCACAF CHALLENGE: D.C. United was placed in arguably the most difficult of the four groups in the newly expanded CONCACAF Champions League. It will play last year's runner up, Saprissa of Costa Rica, and likely preliminary qualifiers Cruz Azul of Mexico and Honduran power Olimpia.



Sports

Klasnic Assures Croatia Top Spot

EURO 2008 | Ivan Klasnic, the first kidney transplant recipient to play at the European Championship, scored Monday to give Croatia a 1-0 win against Poland.

The 28-year-old striker connected in the 53rd minute when he swept in a left-footed shot from a cross by Danijel Pranjic. Croatia was assured the group's top spot and will play Turkey in the quarterfinals. (AP)

TODAY'S TV LINEUP

NBA FINALS (9 P.M. ON ABC) The Celtics are back at home, where they've lost just one game this postseason, to try to close out the Lakers in Game 6.

NATIONALS (8 P.M. ON MASN2) The Nationals remain on the road in the AL with a game against the Minnesota Twins.

Germany Tops Austria, 1-0

Captain Ballack's goal secures team's place in the quarterfinals

EURO 2008 | Germany captain Michael Ballack scored on a wicked second-half free kick Monday for a 1-0 win over Austria and a place in the quarterfinals of the European Championship.

In a game marked by the ejection of both coaches before halftime, Ballack sent in a 25-yard shot in the 49th minute to advance Germany and end the hopes of its smaller neighbor.

Germany finished Group B as runner-up to Croatia and will face 2004 runner-up Portugal in the quarterfinals on Thursday.

Having been irked by several decisions against his team, includ-



OLIVER LANG/AP/GETTY IMAGES

Midfielder Michael Ballack celebrates his game-winning goal against Austria.

ing a yellow card to striker Erwin Hoffer for a late but minor challenge on Ballack, Austria's Josef Hicklberger was the first coach

expelled, in the 41st minute. Germany's Joachim Loew then stood toe-to-toe with a UEFA official before being sent from the field as well.

The coaches shook hands before trudging away, with whistles and jeers echoing around the stadium from bemused fans.

Ballack had often dropped deep to help the defense rather than lead from the front as he did so convincingly at Chelsea last season. But a foul by Andreas Ivanschitz gave Germany a free kick and Ballack rocketed it into the top corner.

Needing victory to edge its rival for a place in the next round, Austria created several chances in front of a sold-out crowd of 51,428 at Ernst Happel Stadium, but — as in its 1-0 loss to Croatia and 1-1 draw with Poland — could not convert them. STUART CONDIE (AP)

Euro '08 Standings

GROUP	COUNTRY	GP	PTS	+/−
A	Portugal	3	6	2
	Turkey	3	6	0
	Czech Republic	3	3	-2
	Switzerland	3	3	0

B	Croatia	3	9	3
	Germany	3	6	2
	Austria	3	1	-2
	Poland	3	1	-3

C	Netherlands	2	6	6
	Romania	2	2	0
	France	2	1	-3
	Italy	2	1	-3

D	Spain	2	4	6
	Sweden	2	1	3
	Russia	2	-2	3
	Greece	2	-3	0

TUESDAY'S MATCHES

- France vs. Italy, 2:30 p.m., ESPN
- Netherlands vs. Romania, 2:30 p.m., ESPN Classic

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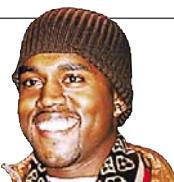
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Entertainment



THIS LOVE HAS CONDITIONS: Kanye West's late-night performance at Bonnaroo was delayed nearly two hours this weekend, angering the festival crowd, which responded by chanting, "Kanye sucks," and pelting the empty stage with glow sticks.

Missy Goes Go-Go

Elliott dishes on her album's title and her use of D.C.'s sound

Q&A | Missy "Misdemeanor" Elliott has made the most of her time in the spotlight. Since getting her start alongside Timbaland in 1991, she's won five Grammy Awards, written big hits for everyone from Aaliyah to Janet Jackson, and released a string of successful solo albums.

"The great thing about Missy is that she's an innovator and has a global following," says Atlantic Records president Julie Greenwald. "She's an artist in the truest form."

Elliott is hoping to prove them right once again with her seventh studio album, tentatively titled "Block Party," due out in August. The oft-delayed set, which was originally slated for May, features production from Souldiggaz, Danjahandz, Pharrell, T-Pain, Pointguard and Timbaland.

You recently held a contest in which your fans were able to submit titles for the upcoming album. Have you chosen one yet?

I actually chose two. I'm releasing a preview to the album in the summer titled "Fanomenal." So, I'm dedicating that one to my fans



FIRST LADY OF HIP-HOP: We don't know whether that's Missy Elliott's official title, but it should be. The uber-successful artist will release her seventh album in August.

because they've rolled with me since day one. I'm still up in the air about the name for the actual album, but for now it's "Block Party." It's one of those albums you can play out in the streets.

Last we checked, you were eight songs in on the album. How far along are you with it now?

It's pretty much done. I want to keep the album short and sweet. I don't want one of those albums where you have 20 tracks but only two joints rock.

What should we expect from it?

This album is probably more musical and melodic than my previous ones. It's hip-hop, with a sort of U.K. sound to it.

Can you talk about the influence of go-go on the new songs?

I love go-go. Back in the day, I didn't understand that music. It sounded like a bunch of trash cans. It wasn't until I went to see the D.C.-based group Red Essence at a club. I've been to a trillion clubs, but none like a go-go club. The world hasn't had a chance to see D.C. people get off on their music. That's why I did the track "Shake Your Pom Pom," which is most definitely go-go-esque.

MARIEL CONCEPCION (BILLBOARD)

Today's Top Stops

FOR MORE TOP STOPS AND ENTERTAINMENT FEATURES, VISIT READEXPRESS.COM



ADELE
Don't Call Me Amy

1 Though she has been called "the new Amy Winehouse," British singer Adele is probably hoping she can transcend that association. Her soulful, jazzy voice is captivating audiences worldwide all on its own. Also, her apparent lack of a drug habit and rage problem should distinguish her nicely.

→ *Sixth and I Historic Synagogue*, 600 I St. NW; 8:30 p.m., \$15-\$17; 202-408-3100. (Gallery Place-Chinatown)

'GAYTINO'
Wordplay



2 Dan Guerrero is the son of a great Chicano musician. He's also Mexican-American and gay. Guerrero pulls from

all of these experiences in his one-man autobiographical play, "Gyatino," at the Terrace Theater tonight and tomorrow.

→ *Kennedy Center*, 2700 F St. NW; 7:30 p.m., \$38; 202-467-4600. (Foggy Bottom-GWU)

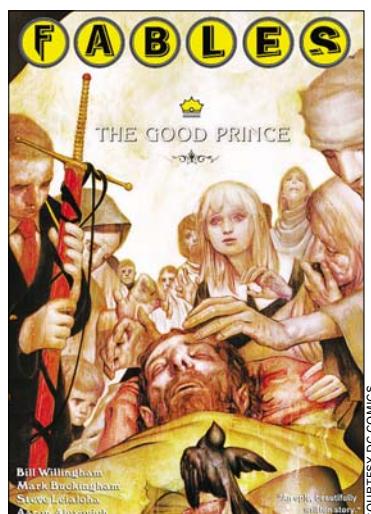
'AN AMERICAN FAMILY'
No, Not the Mansons

3 In the '70s, the Loud family had a band, and then they had the first-ever reality show (complete with dirty laundry airing), called "An American Family." Silverdocs film festival screens all the episodes this week.

→ *AFI Silver Theater*, 8633 Colesville Road, Silver Spring; 9 a.m., free; 301-495-6720. (Silver Spring)

WHAT'S HAPPENING?

Please send press releases and photos to expressevents@readexpress.com



"The Good Prince" is the 10th bound collection of the "Fables" series.

Once Upon a Comic

'Fables' is a fresh literary romp through fractured fairy tales

GRAPHIC NOVEL | Back in 2002, armed with an idea inspired by his childhood adoration for Rocky and Bullwinkle's fractured fairy tales, Bill Willingham hatched a new universe in the comic book "Fables."

Its inhabitants were the vast characters of folklore — a rogues gallery that runs the gamut from

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For an extended version of Matthew Siblo's article on "Fables," visit us online at readexpress.com.

the obvious standbys (the Big Bad Wolf, Snow White) to the more obscure (Bufkin from "The Oz Chronicles," Reynard the Fox).

DC Comics recently released "The Good Prince," the 10th bound collection of the "Fables" series. The story focuses on Flycatcher, a Fabletown janitor who is suddenly faced

with a more powerful identity.

As for "Fables" making the inevitable transition from fanboy favorite to Cineplex blockbuster, Willingham finds the prospect impossible after a series of near-misses.

Regardless of its franchise potential, Willingham is in it for the long haul. "If 'Fables' were to end," he says, "I don't think it'd be because we ran out of ideas. Sales may go bad; I may walk in front of a bus ... but lack of ideas, probably not." MATTHEW SIBLO

Entertainment

A Kosher Curveball

A documentary tells the story of bringing baseball to Israel

SLUGGER | Larry Baras has two passions: bagels and baseball.

And so the baking businessman from Brookline, Mass., cooked up a far-fetched idea to bring America's pastime to Israel.

There were few fans, no ready-made fields and, most importantly, no talent pool to build from.

Documentary filmmakers Brett Rapkin and Erik Kesten captured Baras' journey in "Holy Land Hardball," which has its world premiere at Silverdocs 2008 on June 19 at the AFI Silver. (It screens again



PHOTO COURTESY SILVERDOCS

The Israeli Baseball League understands the importance of headgear.

on June 22.)

Express recently spoke to the filmmakers, who will be in Silver Spring for the premiere.

Was the league receptive to having

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 Read the full interview with Brett Rapkin & Erik Kesten at readexpress.com | **ONLINE NOW**

someone follow them? It must be nerve-wracking to put together a league with a camera in your face. It was a step-by-step process. There was a little testing of the waters with the first tryout. There was no commitment that we would continue to do an entire film on it. There were two guys and a camera, and 300 people trying out. Then there were interviews with some people at their homes and it kind of steamrolled.

What was your sense of how Israelis took to baseball once they got to see it?

A lot of Americans live in Israel. For them, it was a miracle it was there. For an American father who moved there for business and has young children, to be able to take in a pro baseball game — they never imagined it would happen. Israeli families could spend evenings not worrying about day-to-day challenges and just watch baseball. MATT SWENSON (EXPRESS)

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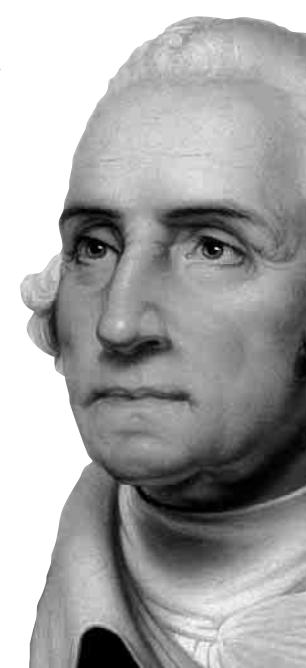
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THE CHILDREN OF HUANG SHI (R) 2:30, 5:00, 7:20, 9:50

THE FALL (R) 1:50, 4:30, 7:00, 9:20

SON OF RAMBOW (PG13) 2:10, 4:40, 7:10, 9:30

THEN SHE FOUND ME (R) 1:30, 4:10, 7:50, 10:00

ROMAN DE GARE (R) 2:00, 4:20, 7:00, 9:10

THE VISITOR (PG13) 1:40, 3:50, 7:40, 9:55

LOEWS UPTOWN 1

3426 Connecticut Avenue N.W.

1-800-FANDANGO #713

INDIANA JONES AND THE KINGDOM OF THE CRYSTAL SKULL (PG13) 1:15, 4:00, 10:15

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DIGITAL PRESENTATION

KUNG FU PANDA (PG) 1:55, 4:30, 7:05, 9:30

THE HAPPENING (R) 12:00, 12:55, 2:20, 3:20, 4:40, 5:40, 7:15, 8:15, 9:50, 10:35

THE INCREDIBLE HULK (PG13) 12:20, 2:00, 3:10, 4:50, 6:00, 7:40, 8:50, 10:20

KUNG FU PANDA (PG) 1:00, 3:15, 5:30, 7:40, 10:00

YOU DON'T MESS WITH THE ZOHAN (PG13) 1:20, 12:55, 1:50, 2:50, 3:35, 4:35, 6:25, 7:25, 8:20, 9:10, 10:10

SEX AND THE CITY (R) 12:25, 1:45, 3:45, 6:40, 7:55, 9:35, 10:45

INDIANA JONES AND THE KINGDOM OF THE CRYSTAL SKULL (PG13) 2:20, 2:10, 3:35, 5:05, 6:40, 7:55, 9:35, 10:45

THE CHRONICLES OF NARNIA: PRINCE CASPIAN (PG) 1:20, 4:25, 7:35, 9:35

THE CHRONICLES OF NARNIA: PRINCE CASPIAN (PG) 1:50, 4:35, 7:30

IRON MAN (PG13) 1:25, 4:20, 7:10, 10:15

Times for Tuesday, June 17, 2008

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Television



FUNNY LOCAL HONEY: Erin Jackson, D.C.'s own up-and-coming stand-up star, will be featured on Comedy Central's "Live at Gotham" on June 27. You can also catch Jackson competing on "Last Comic Standing," NBC's battle of the witty.

The New Face of China

PBS profiles young people in a rapidly changing society

KIDS | With the Olympics fast approaching, look for plenty of news and documentary shows about the host country. "Frontline" (9 p.m., PBS) presents "Young & Restless in China," a profile of a number of 20- and 30-something Chinese filmed over a period of four years.

All of their lives have been affected dramatically by their nation's rapid economic growth. It's impossible to watch this and not be staggered by the scale and rapidity of change in China, where skyscrapers seem to rise before your eyes. More than 1.5 million residents were displaced to make room for the Olympic stadiums, athlete housing and other structures. That's the population of a midsize city.

We meet an American-edu-



SUE WILLIAMS/PBS

FEEL THE BEAT: A former street kid channels his angst into a variation of hip-hop.

cated go-getter out to franchise an Internet-cafe chain. We also spend time with a young woman from the provinces, driven to the cities to find work. A man, radicalized by the student demonstrations

of 1989, still fights the system as a public-interest lawyer, and a former street kid channels his personal and political feelings into a Chinese variation of hip-hop. **KEVIN MCDONOUGH** (UNITED FEATURE SYNDICATE)

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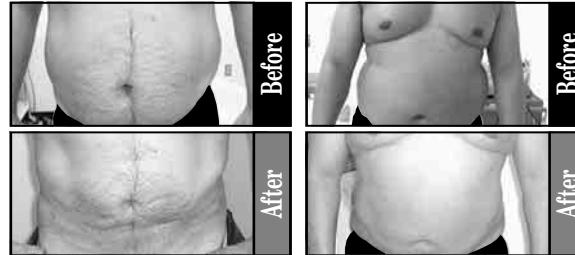
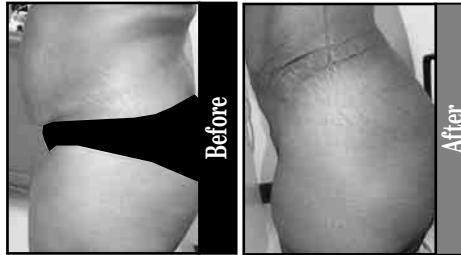
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ON TV TONIGHT

TOP-10 LISTS

Mid-June brings us weddings and movie countdowns from the folks at the American Film Institute. Having presented as many lists of 100 as they can think of, they've now used some short division to come up with **AFI'S 10**

TOP 10 (8 p.m., CBS), a countdown of the top-10 movies in an assortment of genres, from romance to animation to gangster flicks.

FRAT BROTHERS

Thirty summers ago, **NATIONAL LAMPOON'S ANIMAL HOUSE** (8 p.m., AMC) introduced a great young cast and established a template for a generation of comedies.

RUIN YOUR LIFE FOR CASH!

The uninteresting discuss the uncomfortable on **MOMENT OF TRUTH** (8 p.m., Fox).

IDOL' REMIX

In a field crowded with reality contests and amateur hours, **AMERICA'S GOT**

TALENT (9 p.m., NBC) has been on top of the heap for the past two summers.

DIGNITY, ALWAYS DIGNITY

Tori Spelling and her husband, Dean McDermott, leave their inn to return



MOTHERHOOD IS CHIC: Tori Spelling milks pregnancy for all it's worth.

to Tinseltown as the former "Beverly Hills, 90210" star awaits her new baby and launches her tell-all book on **TORI & DEAN: INN LOVE** (10 p.m., Oxygen).

WALK A MILE IN HIS BOOTS

A hunter and an animal-rights activist join forces on **30 DAYS** (10 p.m., FX).

CROWDED HOUSE

Steve Carell, Lance Armstrong, Dr. John and Stevie Wonder appear on **LATE SHOW WITH DAVID LETTERMAN** (11:35 p.m., CBS).

LITTLE CHAT BETWEEN HOSTS

Kate Walsh, Jerry Springer and Chromeo appear on **JIMMY KIMMEL LIVE** (12:05 a.m., ABC). **KEVIN MCDONOUGH** (UNITED FEATURE SYNDICATE)

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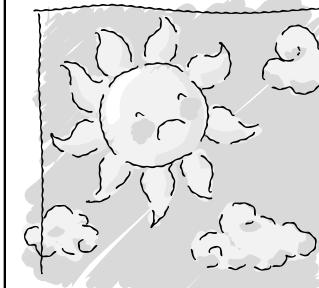
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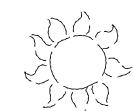
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LOOK out

* TRENDS, CULTURE, DISCOVERIES, IDEAS, PEOPLE

Children

One man has played 'Sesame Street' icons for nearly 40 years

On the street, Caroll Spinney is a 74-year-old of modest proportions. On the job, transformed into Big Bird, he stands 8 feet 2 inches tall and is 6 years old.

Being Big Bird is sweaty, physical work. But Spinney, who has worked on "Sesame Street" for nearly four decades playing both Big Bird and Oscar the Grouch, has no wish to be anywhere else.

"I can't imagine willingly walking away from Big Bird and Oscar," said Spinney, who lives in Woodstock, Conn.

Spinney's workday transformation begins with a pair of orange furry jeans encircled in hot pink ridges. Next, manhole-size pink webbed feet made of foam — built around a pair of Hush Puppies loafers. Between takes, he protects them from his kindergarten co-stars with custom-made purple slippers.

The crew straps a television monitor to his chest. Wearing drugstore reading glasses, Spinney will watch the monitor while inside the top half

of the costume to see how Big Bird appears on camera. Otherwise, he's blind inside the bird.

To play the role, "you have to not be claustrophobic," he said. "You have to be willing to walk not seeing anything in front of you."

Spinney tops off his ensemble with the familiar 25-pound top half of Big Bird. He works Big Bird's mouth with his hand and the eyes with a coat hanger attached to his pinky finger.

The set is kept so cold for his scenes that the crew sometimes wears hats and jackets. For Spinney, who called out from his perch on the stoop of 123 Sesame Place that he could no longer feel his hands, the relationship between man and bird is worth it.

He remembers a visit to Georgia Tech in 1972, when the costume was "ravaged" by ROTC students.

When he found Big Bird, one of the eyes was hanging off.

"When I saw him lying in the dirt, it was like seeing your child dead on the floor," Spinney said. "I

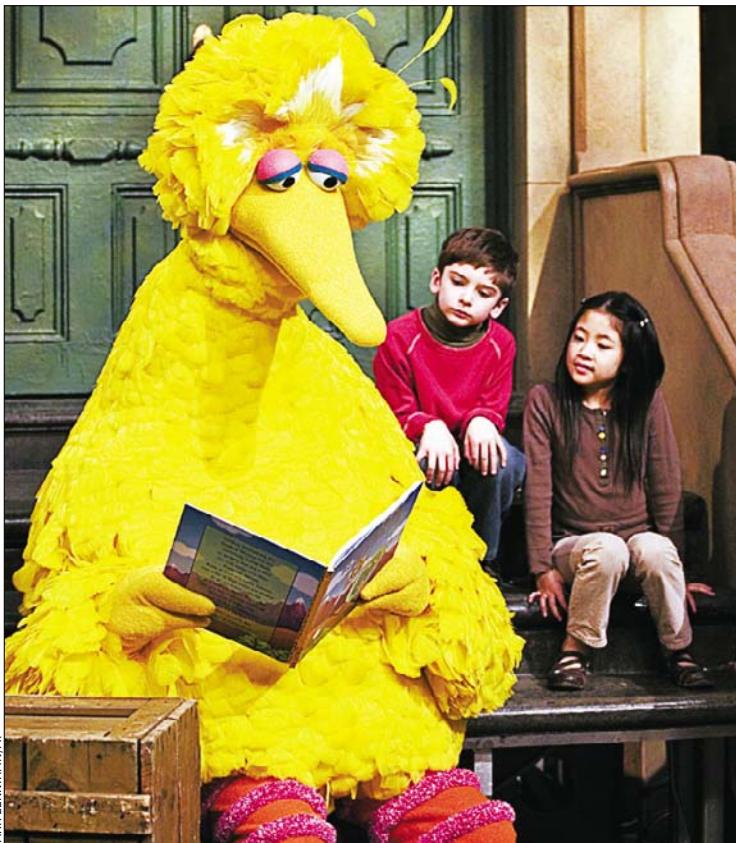
INSIDE

Prince has a new title: knight | 34



Tony Trends: The looks of leading ladies | 31

Discussion: A law prof on gay marriage | 32



Caroll Spinney, dressed as Big Bird, reads with children on "Sesame Street."

MARK LENNIHAN/AP

Being Big Bird

went into shock."

Spinney started on "Sesame Street" during its first season, in 1969, after Muppets founder Jim Henson saw him perform at a pup-

peteers convention.

Henson chose him as Big Bird after Frank Oz — who helped develop Bert, Grover and Cookie Monster — swore off costume puppets following

“One of the things

I really enjoy about 'Sesame Street' is that years go by and I'm still the same age."

CAROLL SPINNEY, PUPPETEER

a stint in commercials as the La Choy Dragon, which was equipped with an in-costume flame-thrower.

Spinney met his wife, Debra, at Sesame Workshop and has three grown children and four grandchildren. He's one of a handful of original cast members still on the show; the only other original puppeteer still working full time is Jerry Nelson, who plays The Count.

"One of the things I really enjoy about 'Sesame Street' is that years go by and I'm still the same age," Spinney said. "I'd love to be 70 again, 60 and 50 and 40."

After all these years, "Sesame Street" remains seasonless. There are crunchy autumn leaves at the foot of the stoop of 123 Sesame Place, because the set looks flat without them, but the garden around the corner is in full summer bloom.

"We deal with a lot of life's realities on 'Sesame Street,' but not everything," Spinney said. "No one worries about [Big Bird] sleeping all alone on the street."

ELLEN SIMON (AP)

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Visionary Instruction

Food

A Spanish chef alters regional recipes to help the blind cook

For Jose Angel Iturbe, making the renowned cuisine of Spain's Basque region more accessible to the visually impaired was a bit like cooking blindfolded.

It also was a delicious success.

Asked to create a cooking course for the blind, Iturbe and 30 students from his school of restaurant and hotel management at Leioa University produced not just a class but also an award-winning Braille cookbook.

"It was a big challenge because at all times we had to act as if we were blindfolded," Iturbe said recently of the effort that produced "Cocinar a Ciegas," or "Cooking in the Dark."

The idea for the class came from the Basque office of the National Organization of Blind Spaniards, one of the nation's most respected



Instructors assist visually impaired cooks as they prepare food in Bilbao, Spain.

and effective advocacy groups.

"Until now, cooking was off-limits to blind people because of the danger it involved," said Claudio Congosto, the 46-year-old head of social services for the organization's office in Bilbao. He lost his

sight in a car accident.

Iturbe called the kitchen the most dangerous room in the house for the blind because of the presence of water, heat, sharp objects and corrosive cleaning liquids.

So, in teaching blind people to

“Blind people appreciate gastronomy. ... But until now, no one had dared to design a practical course for them.”

**EDOUARD COINTREAU,
GOURMAND AWARDS FOUNDER**

cook, "you have to look after a lot of details; guide them physically, make sure utensils are easily accessible and the knives not too sharp."

For that reason, the book's 100 recipes — which are drawn from Basque cuisine's rich heritage of seafood and tapas-style foods — have been adapted for microwave cooking.

This spring, "Cooking in the Dark" won a prize at the Gourmand World Cookbook Awards in London.

"Blind people appreciate gastronomy and take an interest in it,"

said Edouard Cointreau, founder of the Gourmand Awards. "But until now, no one had dared to design a practical course for them and write it all down in a book."

The book, which was released last year and distributed to the Basque region's more than 3,400 blind people, has proved so popular that thousands more copies are to be printed.

And the course from which the book was drawn has proved successful, as well.

Iturbe's team so far boasts two graduates from its 60-hour cooking course, which was held for the first time last year. Another course is scheduled for this year.

One of the graduates, 52-year-old Conchi Calderon, said she now is able to cook for her 85-year-old mother, with whom she lives.

"I was terrified of the stove," said Calderon, who has mastered recipes such as a warm salad of mushrooms and prawns, and a popular Basque dish of hake simmered in a sauce of parsley and garlic.

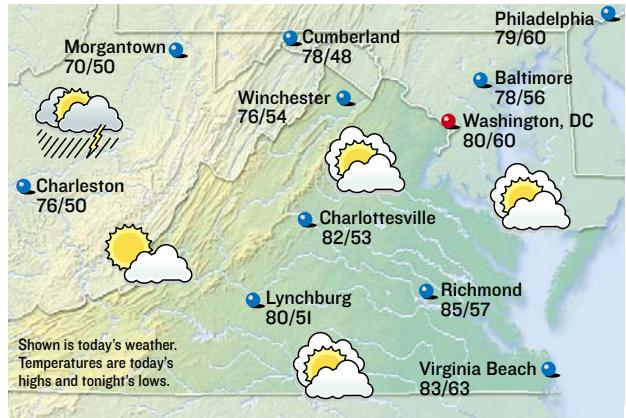
The other diploma-holder, 48-year-old Jose Antonio Garcia, said he now cooks for his wife and two children and enjoys whipping up his favorite dish — potatoes stewed with red peppers.

"After taking the course, I am now the best chef in my house," said Garcia. ALBERTO LETONA (AP)

5 Day Forecast for the Washington Area

Today	Tonight	Wednesday	Thursday	Friday	Saturday
80°	60°	77° / 60°	77° / 61°	82° / 64°	82° / 66°

Regional Weather



Forecasts and graphics provided by AccuWeather, Inc. ©2008

Almanac

Washington, D.C., through 4 p.m. Mon.

Temperature

High	87°
Low	69°
Normal high	84°
Normal low	65°
Average humidity	50%

Precipitation

24 hours ending 4 p.m.	Trace
Month to date	2.89"
Normal month to date	1.69"
Year to date	26.81"
Last year to date	15.08"
Normal year to date	17.83"

Regional Forecast

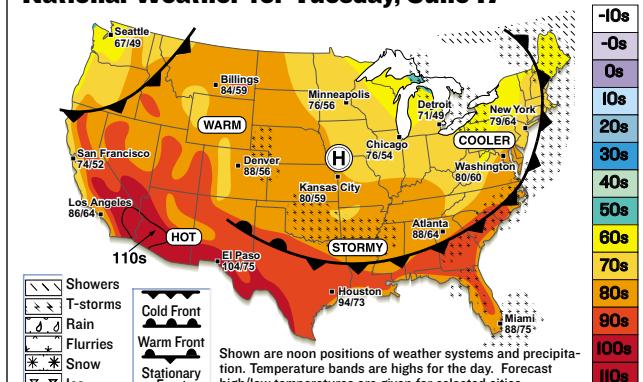
D.C. Metro: Today, partly sunny. High 80. Wind west-northwest 10-20 mph. Tonight, partly cloudy. Low 60. Wind northwest 4-8 mph.

Sun and Moon

Sunrise today 5:42 a.m.
Sunset tonight 8:36 p.m.
Moonrise today 8:13 p.m.
Moonset today 4:24 a.m.

Full	Last	New	First
June 18	June 26	July 2	July 10

National Weather for Tuesday, June 17



National Cities

City	Today Hi/Lo/W	Wed. Hi/Lo/W	City	Today Hi/Lo/W	Wed. Hi/Lo/W
Atlanta	88/64/pc	83/60/s	Amsterdam	67/52/pc	67/54/c
Boston	70/58/t	73/57/t	Athens	88/77/s	94/75/s
Chicago	76/54/s	73/53/pc	Berlin	75/57/s	79/59/pc
Dallas	94/71/pc	89/72/pc	Buenos Aires	61/43/s	54/43/pc
Denver	88/56/t	90/56/t	Calgary	74/47/pc	69/45/pc
Honolulu	87/73/s	88/75/s	Dublin	59/46/sh	61/46/r
Los Angeles	86/64/pc	86/64/pc	Geneva	72/54/r	76/56/pc
Miami	88/75/t	86/74/t	Moscow	68/54/r	75/54/c
New York City	79/64/pc	74/60/t	Rome	79/63/c	82/61/s
Orlando	90/73/t	90/72/t	Sydney	66/54/pc	68/54/c
Seattle	67/49/pc	67/47/pc	Tokyo	77/65/pc	73/66/pc

s-sunny, pc-partly cloudy, c-cloudy, sh-showers, t-thunderstorms, r-rain, sf-snow flurries, sn-snow, i-ice.

Styles

LOOK out

Broadway Beauties

Ladies of the stage arrive at the Tonys with classy grace

It was a fashion disaster-free night at Sunday's Tony Awards, even though one actress lost her Chanel the night before.

After an airliner lost her luggage — and dress — Alice Eve ("Rock 'n' Roll") said she remedied what could have been a disastrous situation by venturing to a Prada store for a replacement frock.

Eve's choice: a flapper-style dress in champagne-hued satin and black trim, and black and gold heels by Christian Louboutin, whose red-soled party shoes have become an awards show mainstay.

Martha Plimpton, nominated for featured actress in a play for "Top Girls," arrived with her father, actor Keith Carradine, at Radio City Music Hall in a silver mermaid dress designed by Carolina Herrera.

"I just wanted to look simple and striking — that's all I wanted, and Carolina's the perfect person for that," said Plimpton, wearing chandelier earrings from jeweler Fred Leighton.

Laura Bell Bundy, who portrays Elle Woods in the Broadway musical version of "Legally Blonde," wore an understated black dress with a lace bodice.

Unlike her fuchsia-loving alter ego, Bundy was going for "anything other than pink. ... I was, like, 'Give me something black!'"

Also in black: presenter and Tony-winning actress Kristen Chenoweth, who went with a simple black gown by Nicole Miller and brought

Laura Bell Bundy went for understatement in black with a lace bodice.



BELLES OF THE BALL: Idina Menzel, left, made a strong statement by pairing a strapless brown dress with a necklace of green and orange stones, while Marisa Tomei, right, looked glamorous in a red dress with embroidered black flowers.

her boyfriend Charlie McDowell as an accessory for the evening.

Presenter Marisa Tomei stepped up the drama in a sweeping red dress with embroidered black flowers, while Brooke Shields looked chic in a black sequin jumpsuit by Proenza Schouler.

Idina Menzel, who won the 2004 actress-musical Tony for "Wicked" and was in the original cast of "Rent," made a strong statement by pairing a strapless brown dress with a necklace of green and orange stones that looked like a shoulder strap.

Priscilla Lopez, who won a Tony in 1976 for "A Chorus Line" and now co-stars in "In the Heights," was all gold down to her ruffled gown, jacket, sandals and pearl necklace, offset with gold and diamond accents.

Laura Benanti, who won the featured actress-musical Tony Sunday night for her role of Louise in "Gypsy," donned a one-shoulder sequined cranberry gown by Marc Bouwer, and Kerry Butler ("Xanadu") glittered in a bright pur-

ple number by Elie Saab.

Amy Morton, nominated for best actress in a play for "August: Osage County," was statuesque in a long mauve-colored dress she "found in a store. ... It's a 'nothing,'" said Morton, part of Chicago's Steppenwolf

Anything other than pink ... 'I was, like, 'Give me something black!'"

LAURA BELL BUNDY, CURRENT STAR OF "LEGALLY BLONDE"

Theatre troupe.

To Morton, the dress was almost an afterthought. She hurried to the ceremony after a matinee of Tracy Letts' Tony-winning best play and barely had time to change.

"I just came down an hour ago, so it was, 'Get dressed as fast as you can and get over here' — which is good; you don't have time to think about it," she said, before heading inside the cavernous theater for the celebration of Broadway's best.

ERIN CARLSON (AP)

Beauty



Don't Kiss This Off

Sick of icky gloss? Try **GIVENCHY'S ROUGE INTERDIT** (\$26.50, Sephora). The lipstick feels like butter and shines like Crisco. There's no stickiness, and bright colors hang on impressively (It laughs in the face of a morning Diet Coke!). Shades are sheerer than they appear in the tube: Our scary bubble-gum pink looked summery and rosy on. There's no reason this won't be our go-to color all season. KRISTEN PAGE-KIRBY

Beauty



Oooh! A Magic Wand!

The new **CLINIQUE QUICK EYES CREAM SHADOW** (\$15, Clinique.com) is a handy-dandy weapon that conjures up long-lasting color, even when it's so hot outside that bursting into flames seems like a good idea because at least it means you'll get hit with a fire hose, probably before you die. While we can't promise that the cream-to-powder eye shadow will stay on through combustion and high-pressure water, it should get you through a normal day. The formula is easily blendable, although colors may be a bit bright and shimmery for conservative types. Pink is nice on pale skin, while the taupe can be used as a light version of liquid eyeliner. K.P.K.

Lookout Online

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site specifics

FILM

Cinema Carib

While Silverdocs is the toast of the area's film world this week, TransAfrica Forum is spearheading the D.C. Caribbean Film Festival, which screens five free movies from Trinidad and Tobago, Barbados and Haiti at the University of the District of Columbia. Christopher Porter gives a rundown of the films. | COMING UP



SOUND BETS Videocracy

From Snoop Dogg's new weed anthem ("My Medicine") to Señor Coconut's conga-ized cover of Trio's "Da Da Da," Readexpress.com covers the gamut of music videos in Sound Bets. Log on to watch new spots by Aimee Mann, Old 97's, Solange Knowles and more. | ONLINE NOW

FILM

Silverdocs 2008

Now in its sixth year, the Silverdocs festival kicked off Monday with the Beatles/Cirque du Soleil documentary "All Together Now," but there are more than 100 other films being shown at the AFI Silver. Christopher Porter picked out the best ones. | COMING UP



comment board

“I am the product

of a single-sex college education and I have to say that while you do exchange some challenges for others, the benefits were more than evident."

COMMENTER ELIZABETH, WHO ADDED, "[BUT] FORCING CHILDREN TO SEPARATE ISN'T A GOOD IDEA."

“Making

classrooms sex-segregated will only encourage and strengthen a sex-segregated society."

COMMENTER JORDAN, WHO ADDED, "SINGLE-SEX CLASSROOMS ALSO ALIENATE THOSE STUDENTS WHO DON'T FIT INTO SOCIETY'S [INTERPRETATIONS] OF 'MALE' AND 'FEMALE.'"



"If children can't learn when in a classroom with the opposite sex, how in the world will they be able to perform productively in the workplace with the opposite sex?"

COMMENTER NANCY, RESPONDING TO MONDAY'S POLL CENTER QUESTION, "DO YOU THINK SINGLE-SEX CLASSROOMS BOOST CHILDREN'S LEARNING EXPERIENCE?"

poll center

YESTERDAY'S RESULTS AS OF 5 P.M.

DO YOU THINK SINGLE-SEX CLASSROOMS BOOST CHILDREN'S LEARNING EXPERIENCE?

52% **48%**
NO YES

SEE HOW YOUR METRO STATION VOTED AT [READEXPRESS.COM/POLLCENTER.PHP](http://readexpress.com/pollcenter.php)



"Um, Gavin in the shower with jets of water blasting him from all directions? HOT."

ZANDRIA.US JUST SAW GAVIN ROSSDALE'S NEWEST VIDEO FOR "LOVE REMAINS THE SAME," ADDING, "I HAD A BIG CRUSH ON GAVIN BACK IN THE MID-'90S WHEN I WAS IN HIGH SCHOOL, AND, OH, MY GOD — HE IS STILL ONE SEXY BEAST."



ALEX BRANDON/AP

"HERE'S AN EXTREMELY important question: Who would win in a fight between John Rambo and Jason Bourne? To be fair, let's assume that Rambo and Bourne are both the same age during this fight."

SEANRAMBLINGS.BLOGSPOT.COM WANTS TO SEE THIS ACTION HERO SHOWDOWN, WITH ONE CAVEAT: "THERE ARE NO WEAPONS INVOLVED; SIMPLY HAND-TO-HAND COMBAT."

"SURE, THE NAZI memorabilia and racist/sexy bumper stickers were flying off the [shelves] as quickly as the Russian-made semi-automatics ... and, sure, the whole shebang may not have been legal, but one thing's for certain — I bought a ticket."

THEANTIDC.BLOGSPOT.COM ATTENDED A GUN SHOW IN DALE CITY, VA., LAST WEEKEND.

"IT'S COOL. I like older women,' [he replied]. ... Stab me in the heart. Bring on the Botox."

LEMMONEX.COM, A 27-YEAR-OLD, HAD A REALITY CHECK DURING AN ENCOUNTER WITH 21-YEAR-OLD GUY AT A BAR.

"I think the hardcore Obama supporters are having a tough time dealing with the fact that the rest of us are so ho-hum about [him]."

MYDD.COM, A HILLARY CLINTON SUPPORTER, IS NOT THAT BIG ON OBAMA'S CHANCES OF BECOMING PRESIDENT, ADDING, "LOOK, HE COULD WIN, AND CERTAINLY SHOULD WIN, AND I'LL VOTE FOR HIM."



Discussions

Gay Marriages

University of the Pacific law professor **LARRY LEVINE** was online Monday to discuss the implementation of the recent California Supreme Court ruling in favor of gay marriage and the fight ahead.

A friend and I were talking the other day about California's gay marriage decision, and we were wondering whether a gay person would be able to gain U.S. citizenship by marrying a gay U.S. citizen. The California decision will not bring about a change in U.S.

immigration law. Such a change would have to come from the federal government. United States citizens from other jurisdictions, however, are coming to California which, unlike Massachusetts, does not have a residency requirement to marry. When they return to their home states, that state will have to decide whether to recognize the legal California marriage.

I'm confused about what the ruling means for domestic partnerships in California. Have these been "promoted" to marriage?

Domestic partnerships still exist in California because, as the court observed, they are not equal to marriage. So, people in domestic

partnerships can choose whether to marry.

What is your opinion of the law in Virginia that not only prevents same-sex marriage and civil unions, but contracts that "confer the rights and responsibilities of marriage" between members of the same sex? While many celebrate the marriage equality victory in California, we should remain mindful that in most U.S. states people can be fired from their jobs just because they are gay or lesbian.

TODAY ON DISCUSSIONS: Join us Tuesdays at noon for What's Cooking, our Live Online culinary hour with Kim O'Donnell. washingtonpost.com/discussions.

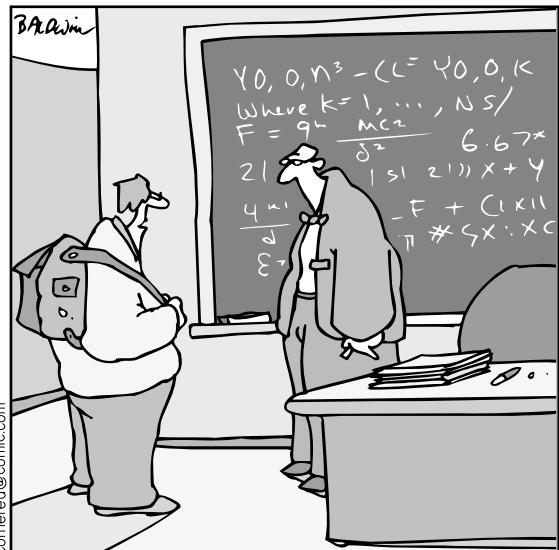
DO

TRY TO WIN AN \$100 SMARTRIP CARD FROM METRO. Metro is holding an online contest for people to guess what Metrorail ridership will be on "Dump the Pump Day" on June 19, when the transit system urges drivers to take Metro to work. The contest winner will receive a \$100 SmarTrip card.

Bizarro | Dan Piraro

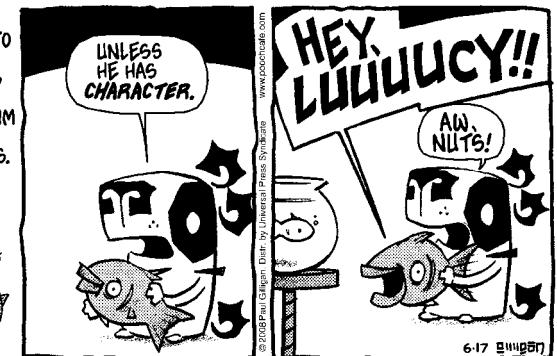
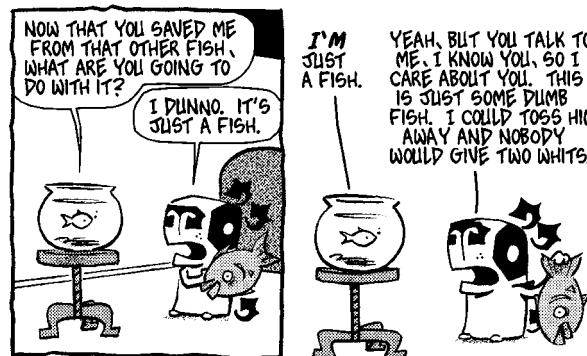


Cornered | Mike Baldwin



"Yes, but it's only a problem if you make it a problem."

Pooch Cafe | Paul Gilligan



Pearls Before Swine | Stephan Pastis



The Duplex | Glenn McCoy



Horoscope

By Stella Wilder

GEMINI (May 21-June 20) You may be consumed with thoughts of another time or place. There is a time for nostalgia—and it can serve you rather well.

CANCER (June 21-July 22) Your enthusiastic approach is catching, and others will benefit from your energy and vision. This is no time to lie low; take a stand.

LEO (July 23-Aug. 22) Apologies may be in order before the day is out, but timely and courteous behavior can serve to heal rifts and improve relations all around.

VIRGO (Aug. 23-Sept. 22) Take advantage of any and all downtime you have to catch up on personal business that can't afford to wait much longer.

LIBRA (Sept. 23-Oct. 22) This is a good day to pursue your heart's desire with a little more dedication and gusto. A bold, more vulnerable approach may surprise you.

SCORPIO (Oct. 23-Nov. 21) You mustn't let yourself settle into the kind of dull rou-

tine that can quickly be characterized as a rut. Use your imagination.

SAGITTARIUS (Nov. 22-Dec. 21) Your vision into the past—and the future, too, perhaps—is clearer now than it has been. You'll be enlightened about a former friend.

CAPRICORN (Dec. 22-Jan. 19) Now is no time to be too leisurely or relaxed. Success depends on giving every step your attention, care and dedication.

AQUARIUS (Jan. 20-Feb. 18) This is a good day for exploring what lies before you—at a fast or slow pace, whichever suits your mood at the moment.

PISCES (Feb. 19-March 20) This is a good day to keep score—and to insist that your closest competitors follow the rules to the letter. The evening brings greater understanding.

ARIES (March 21-April 19) You are not suffering from a shortage of confidence or ambition; rather, you are not sure how to take full advantage of existing opportunities.

TAURUS (April 20-May 20) You can get a great deal of fun and enjoyment out of those endeavors that seemed, at first, to be nothing but routine requirements.

Letters

Grosser Than a 'Bloodsicle'

IT'S UNFORTUNATE letter writer John Clay didn't appreciate a lion and its "bloodsicle" in Express the other day ("Gross Start to the Morning," June 12). It makes sense it would

WRITE TO EXPRESS: Include name, hometown and telephone number. Submissions may be edited. E-mail to inbox@readexpress.com or mail to Express Letters, PO Box I7370, Arlington, VA 22216.

be on the front page: If it bleeds, it leads (albeit very slowly and slushily in this case). I found it a good preparation for the grossness I saw on the Metro: A woman removed her contact, put it in her mouth to wet it and stuck it back into her eye. Now that's nasty.

—SIMON MAHAN
Mt. Rainier, Md.

Today in History

1775 The Revolutionary War Battle of Bunker Hill takes place near Boston. The battle, which actually occurred on Breed's Hill, was a costly victory for the British, who suffered heavy losses while dislodging the rebels.

1885 The Statue of Liberty arrives in New York Harbor aboard the French ship Isere.

1944 The Republic of Iceland is established.

1963 The Supreme Court, in *Abington School District v. Schempp*, strikes down rules requiring the recitation of the Lord's Prayer



Police probe the Watergate break-in.

and the reading of Bible verses in public schools.

1972 President Nixon's eventual downfall begins with the arrest of five burglars inside Democratic national headquarters in Washington's Watergate complex.

LOOK out

People



Helmsley had eyebrows to kill for.

PETS

Dog Sniffs Paw in Response

LEONA HELMSLEY's dog isn't quite as well-heeled as she used to be. Manhattan Surrogate Judge Renee Roth has reduced the trust fund for the little dog, named Trouble, from \$12 million to \$2 million. (AP)

COOKING

Restaurant Opening Also Goes Better With Butter

A Savannah, Ga., restaurant owned by Southern chef **PAULA DEEN** reopened for lunch Monday following a late-night fire. Deen opened the restaurant in 1996. (AP)



COLLAPSE

Amy Falls Further

AMY WINEHOUSE fainted Monday at her north London home and was hospitalized, her spokesman said. Winehouse lost consciousness, but an assistant caught her before she hit the ground, spokesman Chris Goodman said. "She quickly recovered, and her father, Mitch, took her to the hospital as a precaution," Goodman said in a statement. (AP)

HONORS

Prince Folds Under Weight of Nation's Love**PRINCE WILLIAM**

was made a Royal Knight of the Garter on Monday at a ceremony presided over by Queen Elizabeth II. The queen made William the 1,000th knight to join the order and formally presented him with the regalia, including a blue garter, sash and star brooch. The Order of



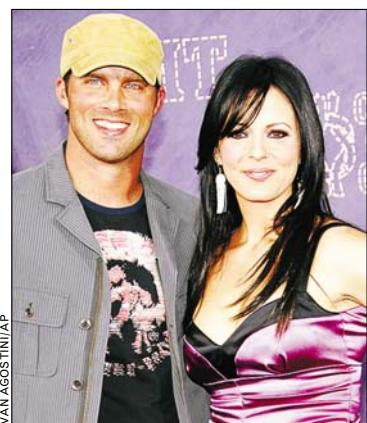
This means yet more "Harry Potter"-ish clothing.

the Garter was established in 1348; the monarch can give the honor to anyone she chooses without advice from government ministers. It is meant to honor those who have held public office, who have contributed to national life or who have served the queen personally. (AP)

CONFUSED

Country Music Huge Blind Spot in Urban Newspaper

SARA EVANS has married former University of Alabama quarterback Jay Barker. Lori Genes, the country star's publicist at Sony BMG Nashville, said on Monday the couple had married. People magazine reported on its Web site that the outdoor ceremony took place Saturday on a farm in Franklin, Tenn. The 37-year-old singer filed for divorce from Craig Schelske in October 2006 after 13 years of marriage. The divorce was completed last September. (AP)



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LOOK out

CROSSWORD | CALM DOWN

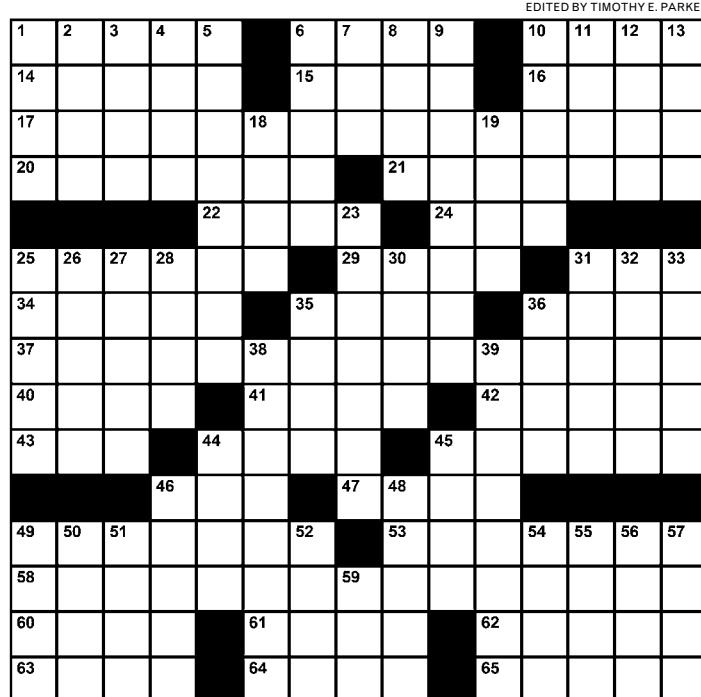
ACROSS

1 Deprive of courage
6 "I've had it up to
___!"
10 Director of "Marty"
14 "The Lion King"
hero
15 Eyes-a-poppin'
16 Sunburn soother
17 Quiescent one,
for now
20 Replenish
21 Partner of Lake
and Palmer
22 "In 25 words or
___..."
24 Word after a
repeated "long"
25 Moistened, as a
roast
29 It fades in the fall
31 Gibbon, for one
34 Texas Franciscan
mission
35 "Circle" or "final"
start
36 Word said before
rising?
37 Aloof refusal to
speak
40 A party to
41 Guitar riffs
42 Flinch
43 Broadway's Cariou
44 Number of Muses
45 Hearth bit
46 Thee, now
47 True and actual
49 Appreciates
53 Reputational blots
58 Static picture

60 Narrate
61 Golf course feature
62 It may be taken for
a ride
63 Maternal sheep
64 Clairvoyant
65 Coarse wool cloth

DOWN

1 Former communist
country, briefly
2 Lake Victoria and
Lake Albert drainer
3 Plural of Mrs.
4 Assist in
malfeasance
5 Flaky pastry
6 Best Actor of 1993
7 It's broken when it's
used
8 Travel widely
9 Conceit and then
some
10 Single computer
instruction to replace
many
11 Word after a loss
12 Something best
avoided
13 Illuminating gas
18 Kind of tea
19 Endurance, so to
speak
23 More
uncompromising
25 Pesto herb
26 Like a flared
garment
27 Style is important
here
28 Govt. investigators



30 Brothers who sang
"Rag Mop"
31 Change, as a law
18 Kind of tea
19 Endurance, so to
speak
23 More
uncompromising
25 Pesto herb
26 Like a flared
garment
27 Style is important
here
28 Govt. investigators

Yesterday's Solution

C	B	S	A	S	K	A	N	T	O	M	I	T
A	L	I	W	E	A	P	O	N	N	N	E	E
P	U	Z	Z	L	E	M	E	N	E	Z	R	A
T	R	E	E	R	E	D	S	D	O	Z	E	S
F	S	T	E	T	E	E	L	E	N	A		
F	T	H	S	O	N	A	L	E	R	T		
O	N	U	S	E	S	L	S	T	S	E	R	E
A	D	Z	F	O	E				L	I	D	
L	I	Z	B	A	R	A	I	S	L	E	D	
A	B	O	R	T	E	D	N	O	T	A	R	Y
H	A	S	I	T	E	F	O	U	R	O		
O	N	T	O	D	I	Z	Z	Y	S	P	E	L
O	D	E	S	C	L	I	E	N	T	A		
P	Y	R	E	C	L	O	S	E	D	D	N	A

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every Sunday and in the
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through Saturday.

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7	2	4	1	3	6	8	9	5
6	9	8	5	4	7	3	2	1
3	1	5	2	8	9	7	6	4
9	3	1	7	5	8	6	4	2
8	7	2	4	6	1	5	3	9
5	4	6	9	2	3	1	8	7
4	6	7	8	9	5	2	1	3
1	8	9	3	7	2	4	5	6
2	5	3	6	1	4	9	7	8



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Robert Hein and Deborah Fenwick

Little did I know that my neighbors' pestering me to go to HealthFair would save me from having a stroke. Ray, who lives next door, had gone to HealthFair in December, where they found a large aneurysm on his aorta. With urgent surgery, the HealthFair test saved Ray's life. After that, every time I saw Barbara, Ray's wife, she asked me when I was going to HealthFair to get tested. I finally agreed to go, and I am very glad I did. The HealthFair technician found that I had a very clogged carotid artery and told me to see my doctor immediately. I was shocked. I always have regular and vigorous physical exams. I'm 63 years old, slim built, don't smoke, eat a fairly low-fat diet, and exercise regularly. I ride my bike 25 miles twice a week, play softball four days a week, and play golf. I have normal blood pressure, normal cholesterol, and a healthy heart. Within a week of the HealthFair screening, I was in the hospital having surgery on the clogged artery. Many of the hospital staff were surprised by my condition considering my otherwise good health. My surgeon, Dr. Earl Stewart, told me the artery was over 80% blocked and the plaque unstable. He was surprised that I hadn't already had a stroke, and was sure I would've had one soon without surgery. Within a week of surgery, I was up and able to resume my normal activities. HealthFair provided a miracle for me and my neighbor, Ray. I think everyone should have the screening. It's the best money I have ever spent. Sincerely, Robert Hein.

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June 25th & July 10th
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SPRINGFIELD
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6560 Loisdale Ct

FAIRFAX
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10723 Main St

ANNANDALE
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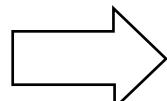
ARLINGTON
July 2nd & 31st
Clarendon Presbyterian Church
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BETHESDA
July 12th & 26th
YMCA Aylawn
5650 Oakmont Ave

RESTON
July 29th
Sunrise Reston Town Center
1778 Fountain Drive

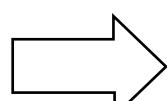
HEART DISEASE PREVENTION PACKAGE

Echocardiogram
Ultrasound Test



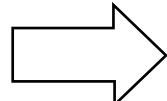
► Echocardiogram is a video ultrasound of the heart. It may detect enlargement of the heart, valve abnormalities, blood clots and tumors.

Electrocardiogram
(EKG) Test



► EKG may detect ischemia, silent heart attack and atrial fibrillation. EKG provides a picture of the electrical activity of the heart.

Hardening of the Arteries
(ASI) Test



► Hardened arteries cause the heart to work harder, which leads to vascular disease. ASI test shows the degree of hardening of the arteries.

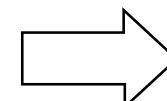
ALL 3 TESTS

\$169

► These cardiac tests are painless and non-invasive. Their combined cost is more than \$1,300 at most hospitals.

STROKE & ANEURYSM PREVENTION PACKAGE

Stroke/Carotid Artery
Ultrasound Test



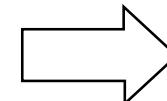
► Many strokes are associated with blockages in the carotid arteries that may be detected with an ultrasound.

Abdominal Aortic
Aneurysm Test
(4-hour fast required)



► Abdominal aortic aneurysms form as a result of a weakness in the lining of the artery wall that may be detected with an ultrasound.

Blood Circulation
(Arteriosclerosis) Test



► Many adults have leg cramps due to poor circulation. ABI screening measures extremities for peripheral arterial disease.

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Biking guru (and Lance Armstrong's former coach) comes to town **E6**



Eat out, but eat smart by studying menu options **E8**

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Turning North When Things Go South

Q My boyfriend of almost two years and I had been fighting a lot over the last few months, due to my high stress level from finishing my master's degree and working a full-time job. Several times, I told him to get out of our apartment (but I never actually wanted him to leave). He broke up with me two weeks ago, and now I'm devastated. We're stuck living together in a one-bedroom apartment until September. I want the opportunity to make things right.

— BROKENHEARTED

That depends on your definition of "make things right." Something smells concerning to me here (though it could just be that bad curry). Is it that you believe you should unequivocally be with your boyfriend and that the struggles you had were just a blip on the screen? I would argue that your actual fight-



ERIC REECE

ing wasn't the problem, but rather a symptom of the underlying disease — and there's no easy telling whether that disease is a chronic, terminal nightmare or just, say, a rather embarrassing norovirus.

So, it's time to be real. Before you go begging him back, take a hard look at why stress was such a relationship-crumbler and what

makes you believe it wouldn't happen all over again.

If the answer is that you need some help with stress management, or have anger or anxiety problems, then embarking on a course of action to change that — perhaps with a professional — is a necessity. It's also time to consider whether your ex played enough of

a role in the implosion to rule him out as a viable option for your most eligible bachelor.

If you decide you still want to present your case to your boyfriend, you'll handle it best if you go into it with the knowledge that this is — I swear — your chance to become a happier, healthier person. And if he decides your relationship has run its course, then, in time, with a few nights of considering sleeping in the elevator, you can use your own growth as a door prize.

I'm Dreaming Of Who Now?

Q Is it weird to have dreams about your ex? He's been popping up randomly in my dreams. (He's just there staring blankly at me.) Could that mean I still like him, even though both of us have moved on to better relationships? — JUST CURIOUS

Yes, and it also means that dude you sometimes see riding a surfboard made of marmalade is going to be your next plumber.

Sorry. I just get a bit of a kick out of dream analysis. Some of

it, no doubt, can bring about real insight and lead someone on a path of understanding about their inner self. Other times, it can convince someone that he or she is sexually attracted to a lemur.

In short, your ex's presence in your dreams is most likely insignificant, unless it feels significant to you in your waking life. I like to think of dreams as a daily emptying of the mind's recycle bin: Occasionally, you're bound to see meaningful things that tell you something about that person's existence — and perhaps his or her hopes, dreams and fears. Other times, you're merely coming across a desiccated plum pit that someone's Great Uncle Bernie mindlessly tossed in as he was passing through — not exactly the stuff of real revelation.

So, don't overthink this. If your ex's popping up is occasional and insignificant, just like that fuchsia-carpeted disco room with the anteaters wearing shoes, there's no reason it should get in your way unless you let it.

@ Send your mental health and emotional wellness questions to Andrea Bonior, Ph.D., at baggage@readexpress.com. This column is not a substitute for one-on-one care.

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THE DARK SIDE

Chocolate snobs may mock the new dark chocolate nutrition bars from ZonePerfect (\$17 for a box of 12, Drugstore.com) because they're not Scharffen Berger. Or even Hershey's. But they taste vaguely like chocolate, and with 12 grams of protein, they're way more satisfying than that handful of M&M's.



SILVER SWOONS

Wish hand sanitizer were more luxurious? Buy yourself a bottle of CleanLotion (\$12, Equifitspacare.com). Infused with bacteria-bullying silver, and made with mango and shea butter, you'll show MRSA who's the boss (and who has lovely taste and soft skin).



BACK IT UP

Are you a gal who's started cycling to work but don't want to freak out the boss with spandex? Try Greenknicker's Padded Cycling Briefs (\$47, Figueleaves.com). The organic cotton and bamboo undies boast a detachable pad for your booty that removes with a Velcro rip.



MAN, OH, MAN

Stow away your smile to read "Why Men Die First" (\$28, Palgrave McMillan), a depressing reality check about guys dealing with dangerous jobs, shockingly early heart attacks and pressure to hide depression. But anyone with a Y chromosome should know what he's up against.

GUINEA PIG



Scope It Out

At-home fertility tests are kind of gross (then again, having a baby is not exactly an un-gross process either). Most involve urine; this one, the Fertility Scope (\$40, Early-pregnancy-tests.com), involves spit. The 4-inch-tall gadget is a wee-sy microscope—just spit on one end of the lens and wait for it to dry. Then press a button to shine a light through the lens, peer through it, and try to match what you see with the three examples in the instruction manual. If the lens reveals a forest of ferns or furry twigs—these contraptions are also known as ferning scopes for the patter they produce—conception is likely. If the furry twigs are sparse, no egg. And if they're somewhere in the middle, it's iffy.

Why is the saliva different at different times? Blame peaking estrogen levels. While there are other saliva-based fertility tests, this one claims to be different by having an auto-focus lens. Indeed, the image was clear and sharp. And fertile.

While we can't prove it'll help you get pregnant — no one was willing to go that far for a sidebar — the Fertility Scope is also just a cool toy. We don't recommend doing this, but we put various non-spit substances on the lens to study coffee, soda and tap water, with results ranging from dull to somewhat frightening. HOLLY J. MORRIS (EXPRESS)



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THE MISFITS

Tri and Tri Again

Q I am interested in training for a sprint triathlon. Can you recommend any races for beginners? I know Danskin has women-only, newbie-friendly ones, but there don't appear to be any races in the D.C. metro area. — ANN

■ There's a problem competing on any tri course near D.C.: It's called the Potomac. The brave souls who compete in the Nation's Triathlon get a special waiver to take a dip in the river; the rest of the year, it's illegal.

But that may actually work to your advantage, because many of the closest events have a pool swim, and Virgil Arbuckle, president of the Capital Area Triathlon Club (the TriCATs), says that can be ideal for a first-timer. He's a fan of the series run by Tri It Now, a group out of Manassas made just for folks like you. The races are shorter than the standard sprint distance, so they provide a doable starting point for beginners. Perhaps more important, Tri It Now also offers clinics (some of them women-only), which are critical in a sport that can confront you with unexpected challenges. "That way, if you get kicked in the face during the swim and your goggles come off, you know what to do," Arbuckle says. He also suggests tracking down David Glover, who offers local coaching and consulting services.

Another is the D.C. Tri Club's training series. The races are just \$5 for club members, and they're done at Hains Point, which has a pool. Board member Nicole Shue says it's a good way to sample the sport within city limits.

The hottest ticket in town for newbies is probably the D.C. Tri Club's New Triathlete Program, which preps its participants with a 16-week training schedule, workshops, mentors and "mini-goals" before culminating in either a sprint or an Olympic-distance race. The 125 slots for the '08 program were filled in 35 minutes after registration opened Feb. 1. Better luck next year!

@ Vicky Hallett is one of the Misfits, the fitness team for The Washington Post's Health section. Find more of her answers to reader questions on page F3 of The Post every other Tuesday, alternating with personal training insights from her gym buddy, Howard Schneider. Contact the Misfits at misfits@washpost.com.

Get a Hot Lunch Date



HOME STRETCH: C.J. Westby makes sure his students cool down with a stretch before dismissing them from Power Lunch!

Make your noon break count by getting your meal and some muscle

Last Thursday, Melissa Villemarette ducked out of her office just a bit after noon. "My boss asked, 'Are you going on a sales call?' And I just said, 'Be back in an hour,'" admits the 25-year-old. But her trip wasn't for work — it was for a workout.

While gyms' largest crowds come in either during the early bird or evening rush, the middle of the day has fans like Villemarette, who hopped over to BodySmith in Glover Park for the 12:30 p.m. "Power Lunch!" The new class is designed to make midday gym jaunts easier to convert folks who think they can't get away from the office.

The guiding premise is that an hour class is too long for people who have to get here, work out, shower and get lunch," explains co-owner Patrick Castro. "So, a 40-minute class that's very intense works better."

Even more convenient: They

take lunch orders before class at various local restaurants (including Breadsoda, Whole Foods and Sushi-Ko) and have the grub waiting to go when you're dashing back to your desk.

"I'm not a morning person, and I have four things to do after work today, so this is perfect," Villemarette raves as she grabs her turkey sandwich after enduring instructor C.J. Westby's killer circuit of kettle bell raises, endless crunches and resistance band biceps curls.

To make the most of his abbreviated schedule, Westby wastes no time getting into the warm-up (last Thursday it was jumping jacks, followed by squats and push-ups), and then orders students to visit a series of stations, each designed to make different muscles ache quickly.

Or, as Westby describes it, "It's a total body workout focusing on cardio but incorporating functional movements. Plus, it keeps you from getting bored." He doesn't skimp on the cooldown either, devoting the final five minutes to intense stretching.

"All they need to do is show



A sandwich from Breadsoda is the perfect reward after an exercise class.

up, because they know everything is going to be taken care of," he adds.

Although BodySmith's sweat and sandwich combo is unusual, plenty of other gyms cater to the lunch bunch. Tish Niffenegger, group exercise director for Fitness First, says the downtown location always has a few offerings (including BodyPump, kickboxing, Pilates and cycling) between 11 a.m. and

2 p.m. And it's not just members sneaking away from the office for classes, but it's also the instructors, who are often on break from their full-time jobs.

"Many of the members in D.C. live in Virginia or Maryland, so they have quite a long day. There's a long commute in the morning and at night. So, when else would they do

HOW TO POWER UP

→ BodySmith's Glover Park branch (2200 Wisconsin Ave. NW, 202-939-0800, [Bodysmithdc.com](http://bodysmithdc.com)) offers Power Lunch! Tuesdays and Thursdays at 11:35 a.m. and 12:30 p.m. Classes are \$17 each (\$15 each if you become a personal training client). If you're interested in a trial, your first week is free.

it? It seems logical," she says.

Even if timing weren't an issue, Niffenegger advocates midday workouts for their other benefits: breaking up the day and providing an energy boost.

"It has to make their day better. I know I'd rather be working out than [be] at the office," she says.

There's a similar rationale behind the daily Yoga-on-the-Go classes at Tranquill Space in Dupont Circle. They're one hour, as opposed to the studio's standard 75-minute classes, so people can "get in, get their yoga on and get back to the office," explains owner Kimberly Wilson.

She says their popularity is easy to understand if you look at the students' faces before ("beaten down, exhausted") and after ("relaxed, energized") class.

But even classes geared to the 9-to-5 crew take some type-A preparation to pull off. Wilson recalls one woman running into the studio wearing a suit — which she whipped off just in time for the beginning of class to reveal the biking shorts and sports bra she was wearing underneath. Niffenegger marvels at how speedily her students buzz through the locker room.

Elizabeth Kelley, 28, shared her quick primping secrets after Thursday's Power Lunch.

"I wear my hair in a ponytail, and I have everything I need in my bag," she boasted. Except for her sandwich, of course, but that was waiting for her on the way out.

VICKY HALLETT (EXPRESS)

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PHOTO COURTESY OF JOHAN BRUYNEEL

Bruyneel stands between Astana riders Levi Leipheimer and Alberto Contador.

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Football has Vince Lombardi. Baseball has Joe Torre. Cycling's behind-the-scenes wiz?

Johan Bruyneel. As former team director for the U.S. Postal Service and Discovery Channel teams, he and Lance Armstrong won seven consecutive Tours de France. After Armstrong retired in 2005, Bruyneel proved his wins weren't all Armstrong-linked when his rider Alberto Contador grabbed 2007's yellow jersey.

In January, he became general manager for Kazakhstan's Astana — a team embroiled in a doping controversy last year — with the goal of cleaning up its act. Contador followed but won't be able to defend his title, as Astana is disqualified from 2008's Tour. But Bruyneel is busy promoting his book, "We Might as Well Win" (\$25, Houghton Mifflin). Catch him Wednesday at Clarendon's Revolution Cycles (12:30 p.m., Revolutioncycles.com) and Politics & Prose (7 p.m., Politics-prose.com)

being disqualified weren't the ones accused of doping?

It was frustrating at the beginning, but I knew this was going to be a challenge. I don't think they made a fair decision, but so be it. Everybody — well, except some people in France — are seeing we're doing things right.

It's a shame Contador can't defend his title.

Well, we go step by step, and I have seen this as a transition year. For a transition year, it's not bad.

Will you still go?

On the last week of the Tour, I will be there in a position to comment on races. I think it's a good opportunity to go there and try to see it from a different angle. It's going to be a new experience for me. I'm looking forward to it.

In your book, you say at times TV announcers have no idea what's going on. Should we mute them?

It depends what channel you're watching. For the Americans, I'd say they have some good experts. Even if I'm not happy with the people running the Tour, I would encourage all Americans to watch it because it's still going to be exciting. There's no clear favorite. It's going to be an open race. Anything can happen. KRIS CORONADO (EXPRESS)

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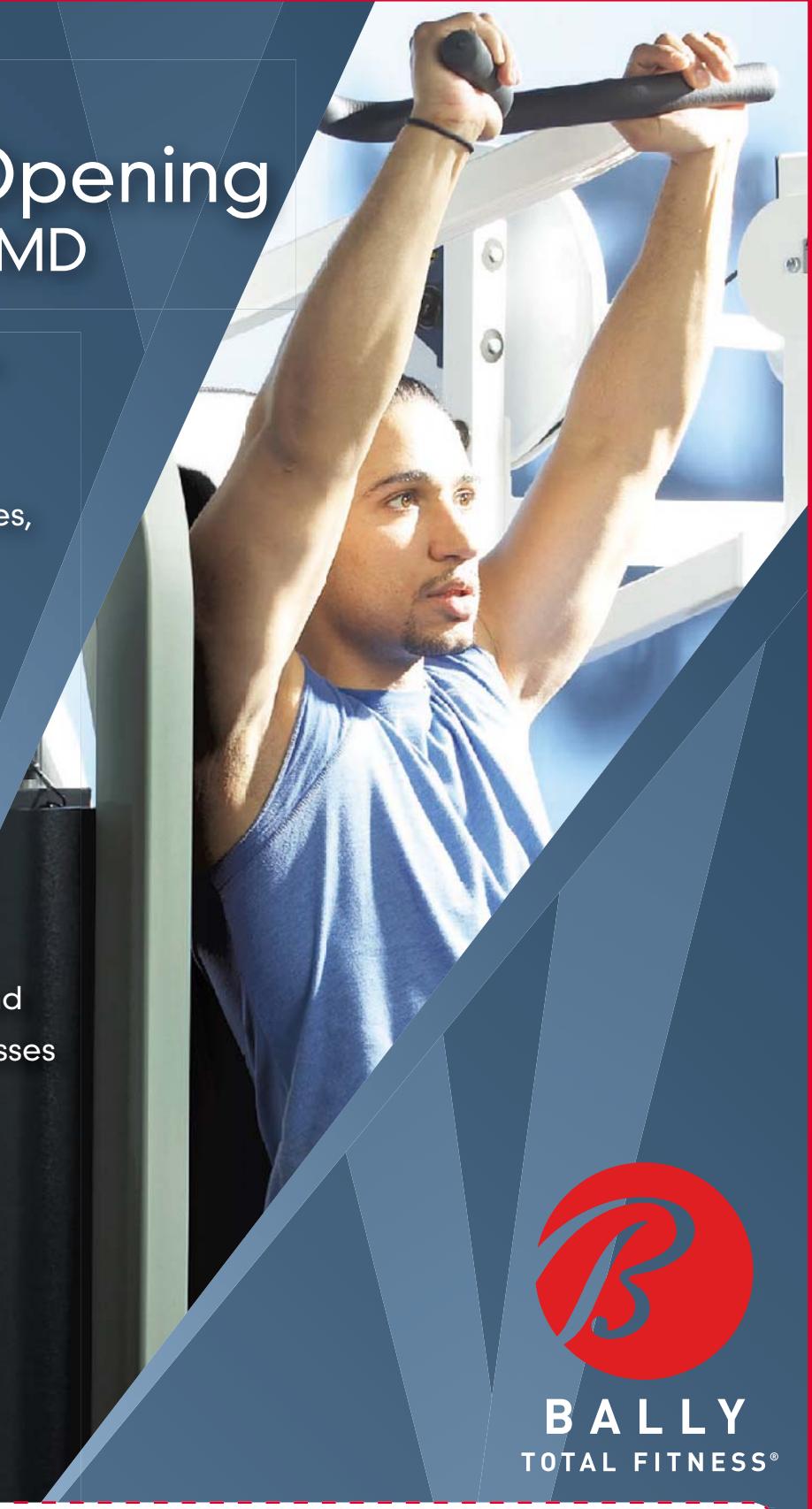
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LOCAL FLAVOR



Eat Your Wheat

■ Whole-wheat pasta — a browner, more textured (and, some say, tastier) version of the Italian mainstay — has lately been infiltrating the noodle scene, from the aisles of Safeway to the kitchens of five-star restaurants. But crossing over to the dark side (or at least the darker shade) of pasta can be tougher than even the most al dente piece of penne — its coarseness and slightly nutty taste can be off-putting if you're attached to the semolina flour stuff.

Mindy Block Feirman, a registered dietitian in private practice in Washington, urges folks to make the switch. "Including whole wheat pastas in your diet can help to increase the amount of fiber that you eat," Feirman says. "Whole-wheat pasta typically has double the amount of fiber as regular pasta, and fiber can help to fight against many diseases, such as heart disease, digestive disorders and diabetes." It also packs more protein, Feirman says, which can help you feel satiated quicker.

Of course, if you prefer the taste of whole-wheat pasta, the healthiness is just a bonus. That's the case for Ristorante Tosca's (1112 F St. NW) executive chef Massimo Fabbri, who was smitten the day he tried it in New York. "I looooved it," Fabbri says. "I really, really loved it." Right now, he's excited about Tosca's latest house-made whole-wheat pasta dish: "guitar-string" noodles (square spaghetti) in a tomato sauce. Fabbri began serving whole-wheat pasta at Tosca two years ago and never worried about whether customers would order it. "I was sure it wasn't going to disappoint anybody," Fabbri says, because the whole wheat adds "much more flavor."

KATIE ABERBACH (EXPRESS)

Order in the Food Court

You can find some healthy choices on almost any menu if you look hard

There's a price to pay beyond the tab when eating out — thicker waistlines. Many restaurant items are laden with fat and calories, far more than most people would estimate.

But dinner on the town doesn't have to be unhealthy. More restaurants are offering better choices, and many are posting nutritional information for their dishes online so that diners can get the lowdown before facing temptation. The following are comparisons of similar dishes at chain restaurants. One item is on the high end of calories and fat, the other low, showing the difference a couple tablespoons of mayonnaise can make.

CHIPOTLE

Meals in which consumers choose the ingredients offer the opportunity to eat smart — or pig out. Both of these options started with a flour tortilla, cheese, lettuce and tomato salsa.

BURRITO (WITH PORK, RICE, PINTO BEANS AND SOUR CREAM) Calories: 1,053. Total fat: 44 grams.

BURRITO (WITH CHICKEN) Calories: 625. Total fat: 25 grams.

PIZZA HUT

There's no reason to avoid favorite foods such as pizza, but toppings can turn a reasonable choice into a nutritional disaster.

MEAT LOVER'S THIN 'N CRISPY PIZZA



Calories (one slice of a 14-inch pizza): 430. Total fat: 25 grams.

VEGGIE LOVER'S THIN 'N CRISPY PIZZA Calories (one slice of a 14-inch pizza): 260. Total fat: 10 grams.

PANDA EXPRESS

Chicken is chicken — not. The mushroom chicken is a nutritional star compared with the popular orange chicken.

ORANGE CHICKEN Calories (5.5-ounce serving): 500. Total fat:

27 grams.

MUSHROOM CHICKEN Calories (5.5-ounce serving): 130. Total fat: 6 grams.

P.F. CHANG'S

Two shrimp dishes, two very different calorie counts. The Crispy Honey Shrimp is lightly battered and quick-fried, while the Cantonese Shrimp is stir-fried. Most restaurants are used to accommodating diners' requests for sauces and dressings

on the side. P.F. Chang's goes one further: Ask for dishes "stock velveted" and they'll be cooked in vegetable stock instead of oil. At other restaurants, ask whether the kitchen can lighten foods by cooking them in little or no oil or butter.

CRISPY HONEY SHRIMP Calories (per order): 1,061. Total fat: 44 grams.

CANTONESE SHRIMP Calories (per order): 330. Total fat: 12 grams.

STARBUCKS

Not all breakfast breads are created equal. But don't be fooled by reduced-fat items — they can be fattening, too. Starbucks' reduced-fat Strawberries and Creme Coffee Cake, for example, has 330 calories and 9 grams of fat.

BLUEBERRY MUFFIN Calories: 500. Total fat: 19 grams.

LOW-FAT EIGHT GRAIN ROLL Calories: 270. Total fat: 2 grams.

MCDONALD'S, KFC AND WENDY'S

Grilled foods are usually lower in fat and calories than fried foods. In these wraps, going grilled saves about 60 to 80 calories and several fat grams.

RANCH SNACK WRAP (CRISPY), MCDONALD'S Calories: 340. Total fat: 17 grams.

CHIPOTLE BBQ OR HONEY MUSTARD SNACK WRAP (GRILLED), MCDONALD'S Calories: 260. Total fat: 9 grams.

OVEN-ROASTED TWISTER, KFC Calories: 420. Total fat: 17 grams.

OVEN-ROASTED TWISTER WITHOUT SAUCE, KFC Calories: 330. Total fat: 7 grams.

HOMESTYLE CHICKEN GO WRAP, WENDY'S Calories: 320. Total fat: 16 grams.

GRILLED CHICKEN GO WRAP, WENDY'S Calories: 260. Total fat: 11 grams. JEANNINE STEIN AND SHARI ROAN (LOS ANGELES TIMES)

EATING IN

FRESH VEGETABLE PASTA SALAD

TOTAL TIME: 30 MINUTES, SERVINGS: 8

INGREDIENTS: 1/2 cup reduced-fat mayonnaise, 1/2 cup reduced-fat sour cream, 2 tablespoons lemon juice, 1/8 teaspoon cayenne pepper, 1 teaspoon salt, 1/2 teaspoon freshly ground black pepper, 8 ounces whole-wheat elbow macaroni (or other small shape), 1 cup grated carrots, 1 cup thinly sliced celery, 1 cup cherry tomatoes (halved), 1 medium red bell pepper, seeded and diced, 1/2 cup chopped scallions

TO MAKE THE DRESSING, in a medium bowl, whisk together the mayonnaise, sour cream, lemon juice, cayenne pepper, salt and black pepper. Set aside.

Bring a large saucepan of lightly salted water to a boil. Cook pasta according



to package directions, then rinse under cold water and drain thoroughly.

Transfer the pasta to a large bowl and add the carrots, celery, tomatoes, bell pepper and scallions. Add the reserved dressing and mix thoroughly to coat.

Serve immediately or cover and refrigerate until ready to serve. (AP)

167 calories, 6 g protein, 29 g carbs, 4 g fat, 8 mg cholesterol, 238 mg sodium, 4 g fiber



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STETHOSCOPE

HEARING

Take Good Notes

Rocking news for the tune-deaf! You thought you couldn't tell when an "American Idol" contestant sang the wrong note, but actually you could — unconsciously. Researchers at the National Institute on Deafness and Other Communication Disorders reported last week that even tune-deaf people's brains generate a signal when a musician strays from the melody. This development may help scientists better understand conscious and unconscious thoughts.

SLEEP

Early Bird Gets the A's

Early risers not only have the advantage of being awake when the dining hall serves breakfast, but they get better grades, too. A study presented at last week's meeting of the Associated Professional Sleep Societies showed that lower GPAs were associated with night owls, while early risers got the A's. Study co-author Daniel Taylor suggests helping students retrain their biological clocks with chronotherapy.



GOLF

Worse for the Walk

There's just one negative side effect from walking instead of riding in a cart when you play golf: Your game stinks. A study presented at the American College of Sports Medicine last month showed that strolling between holes causes golfers' swings and mechanics to take a turn for the worse. Over time, the golfers couldn't transfer their weight properly, and their body positions shifted. So, should they just stick with the cart? That's the lazy solution. The other one is to get in better shape so the trek won't tire them out so much.



In a scene from "Pindorama: The True Story of the Seven Dwarves," the Brazilian circus family shows off how they're into having big-time fun even though they may be little.

Screen for Your Health

Check out these selections from Silverdocs with a medical bent

The "docs" in the AFI's Silverdocs (8633 Colesville Road, Silver Spring; Silverdocs.com) stands for "documentary," but given the amount of material in this year's film festival that touches on health topics, it might as well be "doctors." Here's a peek at what's playing this week.

DUST (Wednesday at 6:15 p.m.) comes from Germany, where the tiny particles are apparently on the minds of many — including a woman who obsessively attempts to banish every bit from her home and researchers studying the med-

ical problems that can arise from inhaling the stuff.

THE ENGLISH SURGEON (Friday at 7:30 p.m., Saturday at 7:15 p.m.) is Henry Marsh, a doctor with a passion for bringing neurosurgery to Ukraine, where training and equipment are scarce. Following along on a trip from London to Kiev, viewers can appreciate that the battle is an uphill one as he strives to save patients who would otherwise have no hope.

IN THE FAMILY (Wednesday at 2:15 p.m., Saturday at 2:15 p.m.) accompanies filmmaker Joanna Rudnick as she examines a very personal medical issue: A genetic test showed that she has a high risk of developing breast and ovarian cancer. Should she undergo surgery even though she hasn't had

children? What does this mean for her relationships? There's a post-film discussion after the Wednesday screening.

LIFE. SUPPORT. MUSIC (Saturday at 4:45 p.m.) looks at the struggles of 34-year-old musician Jason Crigler and his family after he suffers a massive cerebral hemorrhage. From the hospital to home, they work together to help him attempt to become the Jason they once knew.

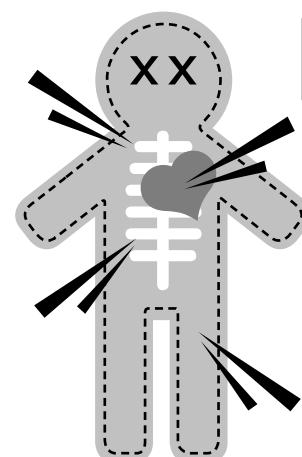
MY MOTHER'S GARDEN (Thursday at 2 p.m., Sunday at 4 p.m.) examines the hoarding disorder of Eugenia Lester, the director's mom. Her lifelong habits of Dumpster-diving, garage-sale hunting and blowing her savings on dollar-store spending sprees finally catch up with her when the health department

threatens to take her home — by then so full that she could only enter through a window.

PINDORAMA: THE TRUE STORY OF THE SEVEN DWARVES (Friday at 10:45 p.m.) doesn't delve too deeply into the physiology of dwarfism, but it provides a peek into the lives of a family running a circus in Brazil that capitalizes on their diminutive stature.

UNDER OUR SKIN (Tuesday at 1:15 p.m., June 23 at 8 p.m.) refuses to buy the medical establishment's claim that chronic Lyme disease is a product of overactive imaginations. Just try telling that to people who have spent years and hundreds of thousands of dollars to recover. There's a post-film discussion after the Monday screening.

Can't commit to a full-length film? Some shorts have a medical bent, too. After seeing a guy named Bob make a model replica of the knee after he injures his own in "Bob's Knee" (four minutes, screens with Shorts Program 5), you'll have a new admiration for the miracle of engineering that is the human body. "Farewell Packets of Ten" (three minutes, screens with Shorts Program 3) features two women bantering about smoker's cough and the pleasures of nicotine. In "Smile Pinki" (40 minutes, screens with Shorts Program 6), an Indian girl with a cleft lip is ostracized until a social worker starts gathering patients for a hospital with free surgeries. **VICKY HALLETT** (EXPRESS)



hypochondriac

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